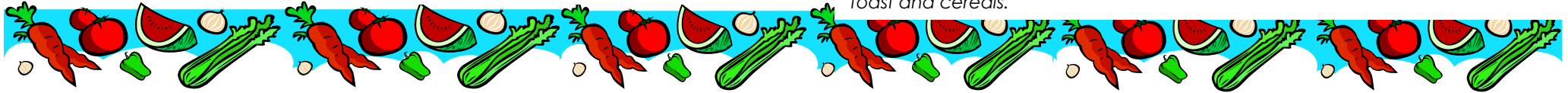


Week One

We select our fruit and vegetables based on the best fresh in season produce available. Breakfast is served daily between 7-8am and consists of wholemeal toast and cereals.



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Morning Tea</p> <p>Fresh Fruit Platter</p> <p>Water or milk to drink</p>	<p>Morning Tea</p> <p>Fresh Fruit Platter</p> <p>Water or milk to drink</p>	<p>Morning Tea</p> <p>Fresh Fruit Platter</p> <p>Water or milk to drink</p>	<p>Morning Tea</p> <p>Fresh Fruit Platter</p> <p>Water or milk to drink</p>	<p>Morning Tea</p> <p>Fresh Fruit Platter</p> <p>Water or milk to drink</p>
<p>Lunch</p> <p>Vegetable and barley soup with wholemeal bread</p> <p>(wholemeal bread, barley, celery, carrot, onion, potato, beans, corn)</p>	<p>Lunch</p> <p>Beef and vegetable casserole</p> <p>(beef cubes, potato, pumpkin, beans, peas, corn, carrot, onion, broccoli, stock)</p>	<p>Lunch</p> <p>Apricot chicken with mashed sweet potato</p> <p>(chicken, apricot nectar, carrot, onion, sweet potato)</p>	<p>Lunch</p> <p>Thai beef noodle salad</p> <p>(beef, rice noodles, capsicum, beans, carrot, onions)</p>	<p>Lunch</p> <p>Chicken Cacciatore with rice</p> <p>(chicken, brown rice, white rice, canned tomato, carrot, celery, red capsicum)</p>
<p>Afternoon Tea</p> <p>Mixed berry pikelets</p> <p>(wholemeal flour, white flour, egg, milk, mixed berries)</p> <p>Water or milk to drink</p>	<p>Afternoon Tea</p> <p>Dried fruit, cheese cubes and crackers</p> <p>(dried apricots, sultanas, dates, wholemeal salada rice crackers)</p> <p>Water or milk to drink</p>	<p>Afternoon Tea</p> <p>Whole grain crackers, with vegetable sticks hummus and corn dip</p> <p>(carrot, capsicum, avocado)</p> <p>Water or milk to drink</p>	<p>Afternoon Tea</p> <p>Rice cakes with spreads</p> <p>(rice cakes, vegemite, cheese, cream cheese)</p> <p>Water or milk to drink</p>	<p>Afternoon Tea</p> <p>Apple and blueberry yoghurt slice</p> <p>(apple, blueberries, plain flour, coconut, Greek yoghurt, egg)</p> <p>Water or milk to drink</p>