

Sample Menu 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Vegetable & fruit platter	English muffin open grills <i>Cheese & tomato Baked beans & cheese</i>	Savoury platter <i>Vegetable sticks, tzatziki dip, avocado dip, cheese, boiled eggs</i>	Fruit platter	Corn cobs and mini beef rissoles
Lunch	Spaghetti Bolognese <i>Mince and vegetables in a Bolognese sauce, served with pasta and steamed vegetables</i>	Fried rice <i>With an assortment of vegetables</i> Milk	Chicken enchiladas	Grilled chicken & salads <i>Marinated grilled chicken</i> <i>Healthy potato salad</i> <i>Garden salad</i> <i>Rice</i>	Assorted sandwiches <i>Salad</i> <i>Ham</i> <i>Cheese</i>
Afternoon Tea	Yoghurt	Fruit platter	Fruit platter	Crackers & cheese	Fruit and yoghurt