

# Weekly Meal Planner

	<b>Breakfast</b>	<b>Morning Tea</b>	<b>Lunch</b>	<b>Afternoon Tea</b>	<b>Dinner</b>	<b>Supper</b>
<b>Monday</b>	Toast, cereal, fruit, yoghurt, fruit juice and milk, porridge baked beans, hash browns	Cookies, slice, fruit, yogurt, fruit salads, trail mixes, cheese and biscuits	Cold meats, chicken and salads to make sandwiches and/or wraps	Fruit, milk and water is always available  Mini hotdogs	Beef stroganoff Squid,chilli basil noodles Rice and salad	Fruit salad
<b>Tuesday</b>	Toast, cereal, fruit, yoghurt, fruit juice and milk, porridge, spaghetti and cheese on toast, tom,avo and cheese on toast	Cookies, slice, fruit, yogurt, fruit salads, trail mixes, cheese and biscuits	Cold meats, chicken and salads to make sandwiches and/or wraps	Fruit, milk and water is always available  Ham and corn muffins	Squid noodles Cottage pie Beef and vegie pie Caesar Salad	Ice cream sundaes
<b>Wednesday</b>	Toast, cereal, fruit, yoghurt, fruit juice and milk, porridge bacon and eggs baked beans and muffins	Cookies, slice, fruit, yogurt, fruit salads, trail mixes, cheese and biscuits	Cold meats, chicken and salads to make sandwiches and/or wraps	Fruit, milk and water is always available  Fruit platters wedges with sour cream and sweet chilli Sauce	Fettucinni napolitana Carbonara Tuna bake and salads	Vegies and dip platters
<b>Thursday</b>	Toast, cereal, fruit, yoghurt, fruit juice and milk, porridge, ham and corn muffins, baked beans and spaghetti	Cookies, slice, fruit, yogurt, fruit salads, trail mixes, cheese and biscuits	Cold meats, chicken and salads to make sandwiches and/or wraps	Fruit , milk and water is always available  Cheesy muffins, rolls, chips and vegies with dip	Satay chicken Hoisin lamb Asian Greens Rice and salad	Fruit salad
<b>Friday</b>	Toast, cereal, fruit, yoghurt, fruit juice and milk, porridge baked beans and Spaghetti bacon,egg & cheese wraps	Cookies, slice, fruit, yogurt, fruit salads, trail mixes, cheese and biscuits	Cold meats, chicken and salads to make sandwiches and/or wraps	Fruit, milk and water is always available  Pizzas	Fish burgers Wedges and salad	Movies- ice cream
<b>Saturday</b>	Toast, cereal, fruit, yoghurt, fruit juice and milk, porridge	Cookies, slice, fruit, yogurt, fruit salads, trail mixes, cheese and biscuits	Cold meats, chicken and salads to make sandwiches and/or wraps Leftovers from the night before	Fruit, milk and water is always available  Leftovers from the night before	BBQ- marinated chicken sausages coleslaw and salads Rolls	Banana custard pudding
<b>Sunday</b>	Toast, cereal, fruit, yoghurt, fruit juice and milk, porridge	Cookies, slice, fruit, yogurt, fruit salads, trail mixes, cheese and biscuits	Cold meats, chicken and salads to make sandwiches and/or wraps  Leftovers from the night before	Fruit, milk and water is always available  Leftovers from the night before	Kangaroo Stew Chicken vegie casserole Rice Bacon vegie Rice and salad	Fruit salad Pudding