

Week Three:

Toast and fruit -Bread -Margarine -Jam -Vegemite -Honey -Fresh fruit	Smoothies -Milk -Yoghurt -Bananas -Kiwifruit -Oranges	Pinwheel Scones -Cheese -Ham -Spaghetti -Marmite Apples & Raisins	Yoghurt and fresh fruit	Toast & Fruit
Vegie Noodle Stirfry -Schnitzel -Maggi Noodles -Broccoli -Celery -Carrots	Roast Chicken -Potato -Pumpkin -Carrots -Beans -Gravy	Sausage Casserole -Sausages -Rice -Carrots -Peas -Corn -Bread	Mini Pizzas & Chips (Homemade) -Muffins -Spaghetti -Baked Beans -Cheese -Pineapple -Tomato	Fish Pie -Tuna -Potato -Peas -Carrots -Corn
Yoghurt & fruit salad	Fresh Fruit	Custard & Fruit	Fruit Muffin	Ambrosia & Fresh Fruit -Yoghurt -Cream
Baking -Varying types of fresh baking	French Sticks -Bread -Cheese -Marmite -Tomato -Margarine	Glass of milk and biscuits	Vegie Platter & Crackers -Hummus -Crackers -Carrot -Cucumber -Tomato -Celery -Cheese	Fruit Muffins and Popcorn