

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice bubbles Weetbix Cornflakes	Rice bubbles Weetbix Cornflakes	Rice bubbles Weetbix Cornflakes	Rice bubbles Weetbix Cornflakes	Rice bubbles Weetbix Cornflakes
Morning Tea	Chocolate and beetroot muffins with fresh fruit <small>Contains: Wheat, gluten, milk, soy</small>	Overnight oats with fresh fruit <small>Contains: Wheat, gluten, milk</small>	Weetbix and apricot bar with fresh fruit <small>Contains: Wheat, gluten, soy</small>	Crumpets and jam with fresh fruit <small>Contains: Wheat, gluten</small>	Chocolate and coconut balls with fresh fruit <small>Contains: Wheat, gluten</small>
Lunch	Mexican beef chilli and rice with corn chips <small>Contains: None</small>	Chicken tikka masala and vegetables with rice <small>Contains: None</small>	Chicken burgers and salad with tomato relish <small>Contains: Wheat, gluten, milk</small>	Thai yellow chickpea and vegetable curry with rice <small>Contains: None</small>	Fish and chips with fresh salad <small>Contains: Wheat, gluten</small>
Afternoon Tea	BBQ chicken pizza pinwheels <small>Contains: Wheat, gluten, milk, soy</small>	Tzatziki and corn thins <small>Contains: Milk</small>	Baked beans on toast <small>Contains: Wheat, gluten, soy</small>	Cheesy pesto pastry twists <small>Contains: Wheat, gluten, milk, soy</small>	Pumpkin and cheese scones <small>Contains: Wheat, gluten, milk</small>

WATER OR MILK IS SERVED WITH EACH MEAL