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Australian Dietary Guidelines & Eat Smart, Play Smart manual My Time Our Place: 2.1.1, 2.1.3 ,2.2.1 ,2.2.2 ,3.3.1 ,3.3.2

Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Cereal - Weet Bix, Rice Bubbles, Corn Flakes with milk Eggs – Scrambled or Yoghurt Toast – cheese, vegemite, jam & honey, *Seasonal Fruit Water & Milk	Cereal - Weet Bix, Rice Bubbles, Corn Flakes with milk Eggs – Scrambled or Yoghurt Toast – cheese, vegemite, jam & honey, *Seasonal Fruit Water & Milk 	Cereal - Weet Bix, Rice Bubbles, Corn Flakes with milk Eggs – Scrambled or Yoghurt Toast – cheese, vegemite, jam & honey, *Seasonal Fruit Water & Milk 	Cereal - Weet Bix, Rice Bubbles, Corn Flakes with milk Eggs – Scrambled or Yoghurt Toast – cheese, vegemite, jam & honey, *Seasonal Fruit Water & Milk 	Cereal - Weet Bix, Rice Bubbles, Corn Flakes with milk Eggs – Scrambled or Yoghurt Toast – cheese, vegemite, jam & honey, *Seasonal Fruit Water & Milk / Milo 

Afternoon Tea

Monday	Tuesday	Wednesday	Thursday	Friday
*Seasonal Fruit & Veggie Sticks <hr/> Week 1 Cheese & Crackers 	*Seasonal Fruit & Veggie Sticks <hr/> Oat & Raisin Cookies 	*Seasonal Fruit & Veggie Sticks <hr/> Pasta Cabonnara Cups 	*Seasonal Fruit & Vegetables <hr/> Rice cakes with butter, cheese or vegemite 	*Seasonal Fruit & Vegetables <hr/> Vita weets with cheese, vegemite & jam 
Week 2 Sandwiches with butter, vegemite, cheese and ham 	Hot Cross Buns 	Fruit cups with Yoghurt 	Corn on the cob 	Scones with butter 
Week 3 Rice Cakes with butter, cheese or vegemite 	Air Popped Popcorn & Rice Crackers 	Museli Slice 	Cheese & Crackers 	Pasta Bolognaise Cups 
Week 4 Ham, cheese & lettuce wraps 	Cheese & Vegemite Scrolls 	Air Popped Popcorn & Rice Crackers 	Baked beans & bread 	Fruit and Yoghurt cups 

* FRUIT -bananas, apples, oranges, rockmelon, pears, kiwi fruit, grapes, watermelon. *VEGETABLES – Carrots, capsicum, celery, cucumber
 BREAD – Wholemeal DAIRY - Low fat milk, cheese and yoghurt & unsalted butter MEATS -lean ham, beef mince & chicken breast
 LOW SALT – Foods, eg baked beans DIETRY REQUIREMENTS can be cater for, please speak to an RP in regards to this, thankyou