



Little Citizen's Menu - Week One

	Morning Tea	Lunch	Afternoon Tea	Dinner
Monday	Bread - Marmite Fresh Fruit Water & Milk	Summer Sandwiches & Muffins & Water Winter Sandwiches & Soup & Water	Baking Fresh Fruit Water & Milk	Tuna Pasta Bake Water
Tuesday	Toast - Marmite Fresh Fruit Water & Milk	Meatloaf & Mashed Potatoes Vegetables Water	Snack Platter Fresh Fruit Water & Milk	Chickpea Curry Water
Wednesday	Toast - Marmite & Tuna Fresh Fruit Water & Milk	Chicken Fried Rice Water	Fruit Bread, Cheese Sticks Fresh Fruit Water & Milk	Meatballs & Spaghetti Water
Thursday	Baking Fresh Fruit Water & Milk	Vegetable Pasta Bake Water	Toasties & Vegetable Sticks Fresh Fruit Water & Milk	Chicken Casserole & Rice Water
Friday	Cheese & Crackers Carrot Sticks Fresh Fruit Water & Milk	Fish Mornay Coleslaw Water	Toast - Marmite Fresh Fruit Water & Milk	Vegetable Pasta Bake Water