



| Week One | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|----------------------------------|-------------------------------------|--|-----------------------------------|
| Main Lunch | Crumbed chicken tenderloins | Vegetarian fried rice | Mexican salad wrap | Vegetable and bocconcini pesto pasta salad | Cheesy broccoli and tuna fritters |
| Vegetables | Cherry tomatoes, cucumber, cheddar cheese slices | Homemade pita chips, avocado dip | Capsicum, carrot sticks, hummus dip | Zucchini fries | Veggie bread sushi rolls |
| Energy Snack | Blueberry muffin | Mini pikelets | Healthy cookies | Apricot bliss balls | Banana bread muffin |
| Fruit | Rockmelon balls & Watermelon stars | Mixed berries | Fruit salad | Heathy chocolate coated banana bites | Heart shaped apple chips |

| Week Two | Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------|--|----------------------------------|-------------------------------------|--------------------------------------|--------------------------|
| Main Lunch | Mini chicken pies | Veggie nuggets | Ham and cheese mini pizzas | Spaghetti bolognaise cups | Tuna veggie balls |
| Vegetables | Cherry tomatoes, cucumber, cheddar cheese slices | Homemade pita chips, avocado dip | Capsicum, carrot sticks, hummus dip | Zucchini fries | Veggie bread sushi rolls |
| Energy Snack | Blueberry muffin | Mini pikelets | Healthy cookies | Apricot bliss balls | Banana bread muffin |
| Fruit | Rockmelon balls & Watermelon stars | Mixed berries | Fruit salad | Heathy chocolate coated banana bites | Heart shaped apple chips |



| Week Three | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|--|----------------------------------|-------------------------------------|--------------------------------------|--------------------------|
| Main Lunch | Chicken skewers | Vegetarian rice paper rolls | Cheesy pasta bites | Meatballs with Napoli sauce | Tuna pasta salad |
| Vegetables | Cherry tomatoes, cucumber, cheddar cheese slices | Homemade pita chips, avocado dip | Capsicum, carrot sticks, hummus dip | Zucchini fries | Veggie bread sushi rolls |
| Energy Snack | Blueberry muffin | Mini pikelets | Healthy cookies | Apricot bliss balls | Banana bread muffin |
| Fruit | Rockmelon balls & Watermelon stars | Mixed berries | Fruit salad | Heathy chocolate coated banana bites | Heart shaped apple chips |

| Week Four | Monday | Tuesday | Wednesday | Thursday | Friday |
|--------------|--|----------------------------------|-------------------------------------|--------------------------------------|--------------------------|
| Main Lunch | Chicken and vegetable noodle stir fry | Zucchini slice | Homemade mini beef sausage rolls | Chicken pasta bake | Salmon cakes |
| Vegetables | Cherry tomatoes, cucumber, cheddar cheese slices | Homemade pita chips, avocado dip | Capsicum, carrot sticks, hummus dip | Zucchini fries | Veggie bread sushi rolls |
| Energy Snack | Blueberry muffin | Mini pikelets | Healthy cookies | Apricot bliss balls | Banana bread muffin |
| Fruit | Rockmelon balls & Watermelon stars | Mixed berries | Fruit salad | Heathy chocolate coated banana bites | Heart shaped apple chips |