

# Play and learn The gap Week's Menu

21/09/2020 to 27/09/2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<ul style="list-style-type: none"> <li>Weetbix with fruit and milk</li> </ul>	<ul style="list-style-type: none"> <li>Weetbix with fruit and milk</li> </ul>	<ul style="list-style-type: none"> <li>Weetbix with fruit and milk</li> </ul>	<ul style="list-style-type: none"> <li>Weetbix with fruit and milk</li> </ul>	<ul style="list-style-type: none"> <li>Weetbix with fruit and milk</li> </ul>
Morning Tea	<ul style="list-style-type: none"> <li>Yoghurt</li> </ul>	<ul style="list-style-type: none"> <li>Savoury cheese roll-ups</li> </ul>	<ul style="list-style-type: none"> <li>Baked beans with toast</li> </ul>	<ul style="list-style-type: none"> <li>Pikelets</li> <li>Fruit Platter</li> </ul>	<ul style="list-style-type: none"> <li>Fruit</li> <li>Yoghurt</li> </ul>
Lunch	<ul style="list-style-type: none"> <li>Beef Enchilada</li> <li>Mixed vegetables</li> </ul>	<ul style="list-style-type: none"> <li>Teriyaki Fish Stir Fry</li> </ul>	<ul style="list-style-type: none"> <li>Sang Choy Bow</li> </ul>	<ul style="list-style-type: none"> <li>Tandoori Chicken</li> <li>Mixed vegetables</li> <li>Reduced fat Milk</li> </ul>	<ul style="list-style-type: none"> <li>Fried Rice with Tofu</li> <li>Mixed vegetables</li> </ul>
Afternoon Snack	<ul style="list-style-type: none"> <li>Carrot and zucchini cake</li> </ul>	<ul style="list-style-type: none"> <li>Basic Scones</li> <li>Dried Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Tomato cheese scrolls</li> <li>Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Vegie wedges</li> </ul>	<ul style="list-style-type: none"> <li>Mixed sandwiches</li> </ul>
Late Snack					

