

## Lunch - week 1: 18-22 June

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Alfredo	Fish and chips	Hawaiian vegetable wrap	Butter chicken	Chicken burger
Grilled chicken	Spinach quiche	Corn chips	Roti prata	French fries
Steamed broccoli, watermelon & choice of drink	Brownie, red apple & choice of drink	Chewy bar, whole banana & choice of drink	Crispy potato, honeydew melon & choice of drink	Salad & watermelon & choice of drink
<b>Nutritional facts:</b> Calorie (kcal): 355 Carbohydrate (g):26.5 Protein (g): 21.1 Fat (g): 18.9	<b>Nutritional facts:</b> Calorie (kcal): 359 Carbohydrate (g): 22.9 Protein (g): 23.2 Fat (g): 18.0	<b>Nutritional facts:</b> Calorie (kcal): 316 Carbohydrate (g):36.0 Protein (g): 14.5 Fat (g): 13.7	<b>Nutritional facts:</b> Calorie (kcal): 415 Carbohydrate (g):42.3 Protein (g): 15.8 Fat (g): 21.5	<b>Nutritional facts:</b> Calorie (kcal):327 Carbohydrate (g):38.6 Protein (g): 16.1 Fat (g): 13.4

### Morning snack

Blueberry muffin & choice of drink	Fruit yoghurt & choice of drink	Chocolate chip cookies & choice of drink	Whole banana & choice of drink	Butter croissant & choice of drink
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## Lunch - week 2: 25-29 June

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti with chicken meat ball	Honey roast chicken	Cheese & avocado Subway	Beef burger	Herb breaded fish
Butter carrots & french beans	Tossed local greens	Corn chips	Potato wedges	French fries
Salad & honeydew melon & choice of drink	Fried rice, apple & choice of drink	Brownie, whole banana & choice of drink	Salad, watermelon & choice of drink	Spinach quiche, grapes & choice of drink
<b>Nutritional facts:</b> Calorie (kcal): 355 Carbohydrate (g):26.5 Protein (g): 21.1 Fat (g): 18.9	<b>Nutritional facts:</b> Calorie (kcal): 314 Carbohydrate (g): 47.4 Protein (g): 11.4 Fat (g): 10.1	<b>Nutritional facts:</b> Calorie (kcal): 393 Carbohydrate (g):39.7 Protein (g): 20.5 Fat (g): 18.0	<b>Nutritional facts:</b> Calorie (kcal): 316 Carbohydrate (g):36.0 Protein (g): 14.5 Fat (g): 13.7	<b>Nutritional facts:</b> Calorie (kcal): 307 Carbohydrate (g): 34.4 Protein (g): 17.1 Fat (g): 12.6

### Morning snack

Cheese sandwich & choice of drink	Banana muffin & choice of drink	Cheese and crackers & choice of drink	Oatmeal cookies & choice of drink	Donut & choice of drink
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## Lunch - Week 3: 2-6 July

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Alfredo	Fish and chips	Hawaiian vegetable wrap	Butter chicken	Chicken burger
Grilled chicken	Spinach quiche	Corn chips	Roti prata	French fries
Steamed broccoli, watermelon & choice of drink	Brownie, red apple & choice of drink	Chewy bar, whole banana & choice of drink	Crispy potato, honeydew melon & choice of drink	Salad & watermelon & choice of drink
<b>Nutritional facts:</b> Calorie (kcal): 355 Carbohydrate (g):26.5 Protein (g): 21.1 Fat (g): 18.9	<b>Nutritional facts:</b> Calorie (kcal): 359 Carbohydrate (g): 22.9 Protein (g): 23.2 Fat (g): 18.0	<b>Nutritional facts:</b> Calorie (kcal): 316 Carbohydrate (g):36.0 Protein (g): 14.5 Fat (g): 13.7	<b>Nutritional facts:</b> Calorie (kcal): 415 Carbohydrate (g):42.3 Protein (g): 15.8 Fat (g): 21.5	<b>Nutritional facts:</b> Calorie (kcal):327 Carbohydrate (g):38.6 Protein (g): 16.1 Fat (g): 13.4

### Morning snack

Blueberry muffin & choice of drink	Fruit yoghurt & choice of drink	Chocolate chip cookies & choice of drink	Whole banana & choice of drink	Butter croissant & choice of drink
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## Lunch - Week 4: 9-13 July

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti with chicken meat ball	Honey roast chicken	Cheese & avocado Subway	Beef burger	Herb breaded fish
Butter carrots & french beans	Tossed local greens	Corn chips	Potato wedges	French fries
Salad & honeydew melon & choice of drink	Fried rice, apple & choice of drink	Brownie, whole banana & choice of drink	Salad, watermelon & choice of drink	Spinach quiche, grapes & choice of drink
<b>Nutritional facts:</b> Calorie (kcal): 355 Carbohydrate (g):26.5 Protein (g): 21.1 Fat (g): 18.9	<b>Nutritional facts:</b> Calorie (kcal): 314 Carbohydrate (g): 47.4 Protein (g): 11.4 Fat (g): 10.1	<b>Nutritional facts:</b> Calorie (kcal): 393 Carbohydrate (g):39.7 Protein (g): 20.5 Fat (g): 18.0	<b>Nutritional facts:</b> Calorie (kcal): 316 Carbohydrate (g):36.0 Protein (g): 14.5 Fat (g): 13.7	<b>Nutritional facts:</b> Calorie (kcal): 307 Carbohydrate (g): 34.4 Protein (g): 17.1 Fat (g): 12.6

### Morning snack

Cheese sandwich & choice of drink	Banana muffin & choice of drink	Cheese and crackers & choice of drink	Oatmeal cookies & choice of drink	Donut & choice of drink
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## Lunch - Week 5: 16-20 July

Monday	Tuesday	Wednesday	Thursday	Friday
Pasta Alfredo	Fish and chips	Margarita pizza	Butter chicken	Chicken burger
Grilled chicken	Spinach quiche	Fruit salad	Roti prata	French fries
Steamed broccoli, watermelon & choice of drink	Brownie, red apple & choice of drink	Brownie & choice of drink	Crispy potato, honeydew melon & choice of drink	Salad & watermelon & choice of drink
<b>Nutritional facts:</b> Calorie (kcal): 355 Carbohydrate (g):26.5 Protein (g): 21.1 Fat (g): 18.9	<b>Nutritional facts:</b> Calorie (kcal): 359 Carbohydrate (g): 22.9 Protein (g): 23.2 Fat (g): 18.0	<b>Nutritional facts:</b> Calorie (kcal): 316 Carbohydrate (g):36.0 Protein (g): 14.5 Fat (g): 13.7	<b>Nutritional facts:</b> Calorie (kcal): 415 Carbohydrate (g):42.3 Protein (g): 15.8 Fat (g): 21.5	<b>Nutritional facts:</b> Calorie (kcal):327 Carbohydrate (g):38.6 Protein (g): 16.1 Fat (g): 13.4

### Morning snack

Blueberry muffin & choice of drink	Fruit yoghurt & choice of drink	Chocolate chip cookies & choice of drink	Whole banana & choice of drink	Butter croissant & choice of drink
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## Lunch - Week 6: 23-27 July

Monday	Tuesday	Wednesday	Thursday	Friday
Spaghetti with chicken meat ball	Honey roast chicken	Plain cheese subway	Beef burger	Herb breaded fish
Butter carrots & french beans	Tossed local greens	Nachos and mild salsa	Potato wedges	French fries
Salad & honeydew melon & choice of drink	Fried rice, apple & choice of drink	Apple / watermelon & choice of drink	Salad, watermelon & choice of drink	Spinach quiche, grapes & choice of drink
<b>Nutritional facts:</b> Calorie (kcal): 355 Carbohydrate (g):26.5 Protein (g): 21.1 Fat (g): 18.9	<b>Nutritional facts:</b> Calorie (kcal): 314 Carbohydrate (g): 47.4 Protein (g): 11.4 Fat (g): 10.1	<b>Nutritional facts:</b> Calorie (kcal): 393 Carbohydrate (g):39.7 Protein (g): 20.5 Fat (g): 18.0	<b>Nutritional facts:</b> Calorie (kcal): 316 Carbohydrate (g):36.0 Protein (g): 14.5 Fat (g): 13.7	<b>Nutritional facts:</b> Calorie (kcal): 307 Carbohydrate (g): 34.4 Protein (g): 17.1 Fat (g): 12.6

### Morning snack

Cholocate croissant & choice of drink	Banana muffin & choice of drink	Cheese and crackers & choice of drink	Oatmeal cookies & choice of drink	Donut & choice of drink
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