

Week One - Menu

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Breakfast</i>	Cereal & Milk	2 Eggs and Toast	Baked Beans and Toast	Cereal & Milk	Scrambled Egg with Vege and Toast	Cereal & Milk	Bacon & Egg & Toast
<i>Lunch</i>	Cheese Salad Sandwich	"Pizza" Tomato/Bacon/Onion	Roast Pork & Salad Sandwich	Quiche	Chicken Pasta	"Burger" Patty, Tomato, Onion, Salad, Cheese	Leftover Chicken Vege Pie
<i>Dinner</i>	Roast Chicken & Vege	Roast Pork Dinner	Pork Schnitzel & Vege	Fish, Chips and Salad	Rissoles, Mash and pan gravy	Chicken & Vege Pie	Pork casserole
<i>Snack</i>	2 Sweet Treat	Fruit Salad 1 Sweet Treat	Fruit Salad	1 Sweet Treat	Fruit Salad 1 Sweet Treat		Fruit Salad

Week Two - Menu

	<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<i>Breakfast</i>	Baked Beans and Toast	2 Eggs and Toast	Cereal & Milk	Baked Beans and Toast	2 Eggs and Toast	Cereal & Milk	Bacon & Egg & Toast
<i>Lunch</i>	"Pizza" Tomato/Bacon/Onion	Leftover Pork Casserole	Fish Burger Sandwich	Cheese Salad Sandwich	Leftover Spaghetti Nolognaise	Bacon & Cheese Toasted Sandwich	Leftover Soup with Scones
<i>Dinner</i>	Fish Chips and Vege	Savoury Mince with Mash top	Chicken and Bacon Pasta	Spaghetti Bolognaise	Quiche	Chicken Soup with Damper	Fish & Chips
<i>Snack</i>	2 Sweet Treat	1 Sweet Treat Fruit Salad	2 Sweet Treat	Fruit Salad	2 Sweet Treat	Fruit Salad	2 Sweet Treats