

WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast (7AM to 8AM) Cereal and Toast Everyday	Pancakes	Spaghetti on Toast	Smoothies	Raisin Toast	Scrambled Eggs
Afternoon Tea (3PM onwards) Assorted Seasonal Fruit Daily	Choc Muffins	Sandwiches	Strawberry Cupcakes	Mini Hotdogs	Apple Crumble Slice