



**Sample Menu**  
Prepared for Billy Kids Bilgola Plateau

Week A	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MT</b>	<b>Yoghurt</b> Fresh fruit	Banana bread Fresh fruit	Tomato & cheese English muffins Fresh fruit	Blueberry muffin Fresh fruit	<b>Yoghurt</b> Fresh fruit
<b>Lunch</b>	Cottage pie w veggies	Pumpkin risotto balls w tomato & cucumber	Pasta w Napoli sauce, bacon & hidden veggies	Beef & vegetable fried rice	Italian sausage rolls w salad platter
<b>AT</b>	Cheesy Turkish toast Fresh fruit	<b>Rice crackers &amp; tzatziki</b> Fresh fruit	<b>Cruskits &amp; spreads</b> Fresh fruit	Vegemite sandwiches Fresh fruit	Pikelets Fresh fruit

Week B	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MT</b>	Toasted cheese fingers Fresh fruit	<b>Yoghurt</b> Fresh fruit	Pikelets Fresh fruit	<b>Yoghurt</b> Fresh fruit	Baked beans w wholemeal bread Fresh fruit
<b>Lunch</b>	Salmon rissoles w pea & corn	Grilled chicken fingers w salad	Beef rissoles w potato hash	Ham & cheese frittata	Bolognese w penne pasta
<b>AT</b>	<b>Rice cakes w vegemite</b> Fresh fruit	Poached fruit Fresh fruit	English muffin melts Fresh fruit	Savoury muffins Fresh fruit	<b>Cruskits &amp; spreads</b> Fresh fruit