

SKYLOU MONTESSORI

MENU

Week 1					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Future Life	Cornflakes	Oats	Tasty Wheat	Weetbix
Snack 10.30 am	Cheese Spread Sandwich Fruit	Marmite Sandwich Fruit	Jam Sandwich Fruit	Syrup Sandwich Fruit	Peanut Butter Fruit
Lunch 12.10pm	Chicken Nuggets, Mash, Veggies & Gravy	Spaghetti Bolognaise, Veggies	Fish Fingers, Chips, Veggies	Chicken Stew, Rice, Veggies	Hotdogs or Pizza
Snack 3.30pm	Peanut Butter & Syrup Sandwich Fruit	Peanut Butter & Syrup Sandwich Fruit	Peanut Butter & Syrup Sandwich Fruit	Peanut Butter & Syrup Sandwich Fruit	Peanut Butter & Syrup Sandwich Fruit

Week 2					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 8am	Future Life	Cornflakes	Oats	Instant Porridge (Caramel/Vanilla/Choc)	Weetbix
Snack 10.30 am	Cheese Spread Sandwich Fruit	Marmite Sandwich Fruit	Jam Sandwich Fruit	Syrup Sandwich Fruit	Peanut Butter Fruit
Lunch 12.10pm	Macaroni & Cheese, Veggies or Pasta & Sauce, Veggies	Chicken Stew & Rice, Veggies	Fish Fingers, Chips, Veggies	Sausages, Mash, Veggies & Gravy	Hamburgers
Snack 3.30pm	Peanut Butter & Syrup Sandwich Fruit	Peanut Butter & Syrup Sandwich Fruit	Peanut Butter & Syrup Sandwich Fruit	Peanut Butter & Syrup Sandwich Fruit	Peanut Butter & Syrup Sandwich Fruit