

3. STANDARD MEAL

Day	Morning Snack	Lunch	Afternoon Tea
Monday	(V)Cheese Toasty (D)(E)(G)	Swedish Chicken Meatball Roast Mixed Vegetables and Penne pasta with Gravy (D)(E)(G) Juice pack	Banana
Tuesday	(V)Pancake with fruits compote and maple syrup (D)(E)(G)	Chicken burger, with Cheese,lettuce, gherkin (D)(E)(G) Juice pack	Rock Melon
Wednesday	Holiday		
Thursday	(V)Guacamole Cheese Quesadilla Gluten, Egg & Dairy	Hawaiian Chicken Pizza (D)(G) Juice pack	Apple
Friday	Homemade Chocolate Chip Cookie (D)(E)(G)	Chicken Katsu, Japanese Curry served with Wok Fried Veggie, Steamed Rice (D)(E)(G) Juice pack	Honeydew