

Healthy Busy Bees. Week 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------------------------|---|---------------------|---|--------------------------------------|
| Morning Snack Serve with milk or water | Fruit Platter with Yoghurt Dip | Mango & Coconut Muffins | Berry Crumble | Carrot & Apple Muffins | Fruit Platter with Yoghurt Dip |
| Lunch Serve with water | Savoury Baked Beans with Pasta | Apricot Chicken | Curried Sausages | Tuna & Pasta Bake | Beef Stroganoff with Pasta |
| Afternoon Snack Serve with milk or water | Cheese & Spinach Scrolls | Roast Vegetable Dip with Vegetable Sticks | Bliss Balls | Roast Vegetable Dip with Vegetable Sticks | ANZAC Biscuits |



Healthy by Busy Bees. Week 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|------------------------------|--------------------------------|--------------------------------------|---|
| Morning Snack Serve with milk or water | Fruit Platter with Yoghurt Dip | Sultana Scones | Pear & Date Loaf | Fruit Platter with Yoghurt Dip | Apple Scrolls |
| Lunch Serve with water | Hearty Chicken & Vegetable Soup with Wholemeal Roll | Cheesy Broccoli Mornay | Sang Choy Bow | Chicken & Spinach Lasagne | Asian Style Fish with Rice |
| Afternoon Snack Serve with milk or water | Vegetable Platter | Vegetable Fritters | Cheese & Spinach Scrolls | Apple & Carrot Muffins | Roast Vegetable Dip with Vegetable Sticks |



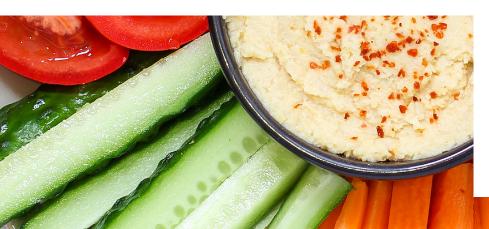
Healthy by Busy Bees. Ueekly Week 3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------------------------|--|---|--|--------------------------------------|
| Morning Snack Serve with milk or water | Fruit Platter with Yoghurt Dip | Carrot & Apple Muffins | Fruit Platter with Yoghurt Dip | Cheese Muffins | Fruit Platter with Yoghurt Dip |
| Lunch Serve with water | Chicken Singapore Noodles | Pumpkin & Ricotta Mac 'n' Cheese | Rainbow Beef | Moroccan Crumbed Fish with Salad | Lentil Bolognese with Pasta |
| Afternoon Snack Serve with milk or water | Vegetable Platter | ANZAC Biscuits | Roast Vegetable Dip with Vegetable Sticks | Bliss Balls | Pear & Date Loaf |



Bee Healthy Week 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------------------------------------|--|---|--------------------------------------|--------------------------------------|
| Morning Snack Serve with milk or water | Fruit Platter with Yoghurt Dip | Sultana Scones | Mango & Coconut Muffins | Date Loaf | Fruit Platter with Yoghurt Dip |
| Lunch Serve with water | Chicken Paella | Sweet Potato & Black Bean Chilli | Moroccan Lamb with Couscous | Asian Style Fish with Rice | Beef & Kidney Bean Nachos |
| Afternoon Snack Serve with milk or water | Oatmeal Slice | Berry Crumble | Roast Vegetable Dip with Vegetable Sticks | Fruit Platter with Yoghurt Dip | Carrot Cake |





| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--------|---------|-----------|----------|--------|
| Morning Snack | | | | | |
| Serve with milk or water | | | | | |
| Lunch Serve with water | | | | | |
| Afternoon Snack Serve with milk or water | | | | | |