

Franklin Children's Centre

Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Week 1
Morning Snack 8:30am	Cereal w Fruit & Milk	Banana Bread w Fruit & Milk	Waffles w Fruit & Milk	Yogurt w Fruit & Milk	Porridge w Fruit & Milk	
Lunch 11:30am	Tuna English Muffin Melt w Tomato Slices(Bread, Meat, Cheese) w Fruit & Milk	Spaghetti w Meat Sauce and cucumber /tomato salad (Pasta, Meat & Cheese) w Fruit & Milk	Soup & Sandwich (Bread, Meat, Vegetable) w Fruit & Milk	Chicken Salad Wrap (Meat & Vegetable) w Fruit & Milk	Chicken Stir fry (Meat & Vegetable) w Fruit & Milk	
Afternoon Snack 2:30pm	Crackers & Cream Cheese w Fruit & Water	Pretzel w Fruit & Water	Veggies & Ranch Dip w Fruit & Water	Cookies w Fruit & Water	Ice Cream w Fruit & Water	
Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Week 2
Morning Snack 8:30am	Cereal w Fruit & Milk	Muffins w Fruit & Milk	Cereal w Fruit & Milk	Quiche w Fruit & Milk	Pancake w Fruit & Milk	
Lunch 11:30am	Chicken Fingers w Fries & Cucumbers (Meat, Potato & Vegetable) Fruit & Milk	Macaroni & Cheese w Carrot Sticks (Pasta, Cheese & Vegetable) Fruit & Milk	Grilled Cheese Sandwich (Bread, Cheese) w Soup & Fruit & Milk	Ham Burger and cucumber slices (Bread, Meat & Vegetable) Fruit & Milk	Chicken w rice & Vegetables (Meat, Potato & Vegetable) Fruit & Milk	
Afternoon Snack 2:30pm	Apple cinnamon, Peanut butter & Water	Pudding w Fruit & Water	Jelly w Fruit & Water	Croissant Fruit & Water	Cheese & Crackers w Fruit & Water	
Meal	Monday	Tuesday	Wednesday	Thursday	Friday	Week 3
Morning Snack 8:30am	Cereal w Fruit & Milk	English Muffins w Fruit & Milk	Cereal bar w Fruit & Milk	Bread & jam w Fruit & Milk	Egg & Bread w Fruit & Milk	
Lunch 11:30am	Ham & Pineapple Pizza (Meat, Cheese & Bread) w Fruit & Milk	Chilli with Mash potatoes (Meat & Cheese) w Fruit & Milk	Fish and Roasted Potatoes w Tomato Slices (Meat, Bread & Vegetable) w Fruit & Milk	chicken and cheese quesadillas w fruit and milk	Meatballs in Gravy w Rice & Vegetables (Meat, Vegetable & Grain) w Fruit & Milk	
Afternoon Snack 2:30pm	Granola Bars w Fruit & Water	Yogurt w Fruit & Water	Cheese & Crackers w Fruit & Water	Apple Sauce w Fruit & Water	cookies w fruit & milk	