

Monday 6th June

School lunch.

Ham & Turkey Rap with
Lebanese bread, Tomato, Avocado
~~threw out~~ (cheese & Cucumber) Salt & Pepper
cholestral spread
(threw out cheese & Cucumber)

- 1x Persimmon
Watermelon.

Red Grapes. (threw out) -
140g Custard.
1x mandarin.

After School.

Dinner left over

Spaghetti Carbonara.

1x Slice of Vegetarian Pizza.

Dinner

Roast Veggies & Marinated Chicken
pieces. ~~in the~~ ^{comes} marinated.

Jap Pumpkin, Carrot, Broccoli,

Potato, Brussel sprouts.

1x 250ml fanta can soft Drink.

Grapes Black seeded.

Ice cream Cornetto.

Tues 7th June 2022

Morning - 1x Cornetto Ice cream.

Lunch Ham & Turkey Roll on
lebanese Bread. Avocado
Tomato, lettuce cholestrol spread
Salt & Pepper.

- 1x Persimmon
- watermelon
- Seeded Black Grapes.
- Anzac Biscuit.

- 1x Small chocolate Thick shake
Hungry Jacks

After school.

- chicken marinated chicken pieces
& vegetables.
- Sicilian olives / Jar.
- 250mls Can of Fanta.

Dinner. Frozen Pizzas.

- Watermelon.
- Apple Juice.
- small crunchie chocolate.
- Cornetto Ice cream

Wednesday 8th

Morning Glass of milk with
3 teaspoons of Ovaltine.

Lunch. Knankwaust + Sausage
Sandwich with tomato sauce.

- 1 - persimmon.
- watermelon
- Black Seeded Grapes.
- 1x Monte Carlo Biscuit.

Afternoon. Piece of Veg Pizza.
From Frozen.

- medium small chocolate thick shake $\frac{1}{2}$
McDonalds.
- Half Cup Frozen Tied Coke.

Dinner - Veal Schnitzel with gravy.

- Cauliflower: Borsciola.
- carrots.
- mashed Potatoes.
- small lemonade soft drink
- 2x Gummy lollies.
- $\frac{1}{2}$ chocolate thick shake

Thursday.

~~Morning~~

Lunch - Egg & lettuce sandwich
white Bread
- 1x Persimmon.
- water melon
1x Monte Carlo Biscuit.

evening - Fillet of fish
- Medium Fries.
- small chocolate thickshake
(McDonalds)

Dinner - Ricotta & Spinach
cappellacci with
Lamb tomato sauce.
- Vanilla Cornetto cone.
small Boost chocolate Bar.
- small instant coffee
with sugar.
- Glass of plain hot
full cream milk.

Friday

Breakfast Bacon & Eggs,
2x pieces of white Bread.

Lunch - 1x Persimmon.
water melon
Vanilla cake with cream
Monte Carlo Biscuit.

evening - Krunkwurst Sausages
wrapped in Lebanese Bread
with Tomato Sauce.

Dinner Frozen lasagna
water melon
Ice cream cone.

Sat.

Morning

Ovaltine Chocolate with
milk in glass.
Cinder Bread Biscuit with
icing. Half of Finger
Lady Bannan.

lunch:

- Fish & chips
- 3x Slices of meat
- 1x Bottle of peach
tea

- cookies & cream
Ice cream cone.

~~332~~
~~132~~
~~467~~
Lotus
mort

Sunday.

Morning - Ice cream Cone
Bacon & Eggs

2x Slices of white Bread
1x Small tomato

lunch - Tea - Bone steak.
oyster sauce marinade.
1x Potato Granule
(Frozen)

Dinner - Mcdonalds

- 1x hamburger
- 1x medium fries
- 1x " chocolate
thick Shake.

