

JAN 2023

GEAR UP FOR THE GYM



ANNOUNCEMENTS:

**Happy New Year !
2023**

Manager's Choice and Menu Subject to Change due to delivery.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| Winter Break ² School Holiday | Winter Break ³ School Holiday | Winter Break ⁴ School Holiday | ⁵ Ham & Cheese Croissant Daily Choice of Milk, Fruit or Fruit Juice | ⁶ Cereal & Toast Daily Choice of Milk, Fruit or Fruit Juice |
| ⁹ Cereal & Cinnamon Toast Daily Choice of Milk, Fruit or Fruit Juice | ¹⁰ Sausage Link & Toast Daily Choice of Milk, Fruit or Fruit Juice | ¹¹ Breakfast Pizza Daily Choice of Milk, Fruit or Fruit Juice | ¹² Cereal & Butter Toast Daily Choice of Milk, Fruit or Fruit Juice | ¹³ Pancake on a Stick Daily Choice of Milk, Fruit or Fruit Juice |
| ¹⁶ Martin Luther King School Holiday | ¹⁷ Cereal & Butter Toast Daily Choice of Milk, Fruit or Fruit Juice | ¹⁸ Breakfast Pizza Daily Choice of Milk, Fruit or Fruit Juice | ¹⁹ Ham & Cheese Croissant Daily Choice of Milk, Fruit or Fruit Juice | ²⁰ Cereal & Toast Daily Choice of Milk, Fruit or Fruit Juice |
| ²³ Cereal & Cinnamon Toast Daily Choice of Milk, Fruit or Fruit Juice | ²⁴ Sausage Link & Toast Daily Choice of Milk, Fruit or Fruit Juice | ²⁵ Breakfast Pizza Daily Choice of Milk, Fruit or Fruit Juice | ²⁶ Cereal & Butter Toast Daily Choice of Milk, Fruit or Fruit Juice | ²⁷ Pancake on a Stick Daily Choice of Milk, Fruit or Fruit Juice |
| ³⁰ Cereal & Buttered Toast Daily Choice of Milk, Fruit or Fruit Juice | ³¹ Sausage Link & Toast Daily Choice of Milk, Fruit or Fruit Juice | | | |

