

# Superhero Breakfast



Baked beans on toast

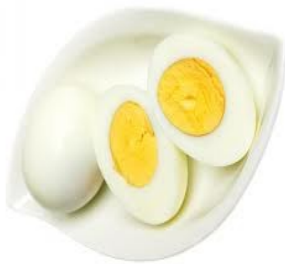


Low fat milk



Fruit and yoghurt

# Superhero Recess & Lunch

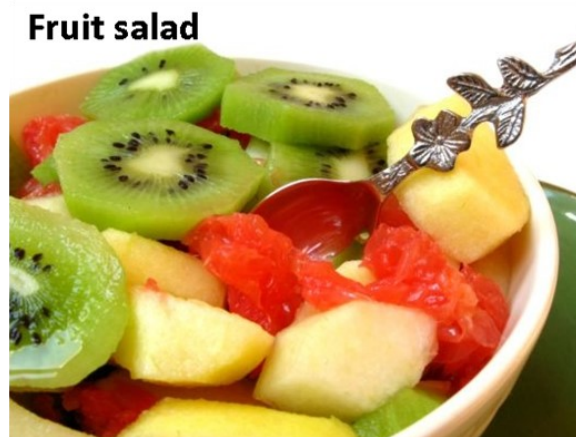


water

# Superhero Dinner



Homemade fried rice and mince



Fruit salad