

# Numdaji Kwei Children's Centre

Winter Menu Week 2 of 4	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>Morning Tea</b> Water/Milk	<b>Raisin Toast</b>  <b>Orange Wedges</b>	<b>Fresh Fruit Platter</b> Includes: Banana, Pear, Orange, Mandarin & Apple	<b>Vegemite &amp; Cheese Wholemeal Toast</b>	<b>Fresh Fruit Platter &amp; Cheese</b> Includes: Banana, Pear, Orange, Mandarin & Apple	<b>Vegemite &amp; Cheese Wholemeal Toast</b>
<b>Lunch (Main)</b>  Water	<b>Spaghetti Bolognese &amp; Garden Salad</b> (Lettuce, Tomato & Cucumber)  Main Ingredients: Spaghetti, Beef Mince, Tomato Pasta Sauce, Cheese, Potato, Pea's, Carrot & Broccoli Core	<b>Pork San Choy Bau</b>  Main Ingredients: Rice Noodles, Pork Mince, Cabbage Carrot, Green Beans, Peas, Capsicum & Iceberg Lettuce	<b>Lentils &amp; Vegetable Soup</b>  Main Ingredients: Broccoli, Pumpkin, Potato, Lentils & Vegetable Stock	<b>Beef Casserole with Rice</b>  Main Ingredients: Beef, Potato's, Carrot, Peas & Tomato: Puree/ Soup/Napolitano Sauce	<b>Chicken Tetrizzini &amp; Garden Salad</b> (Lettuce, Tomato & Cucumber)  Main Ingredients: Chicken, Tomato Pasta Sauce, Noodles, Potato, Pea's, Carrot & Broccoli Core
<b>Lunch (2nds)</b>  Water	<b>Tinned Fruit Salad</b> - Includes: Grapes, Cherry, Pineapple, Peaches, Pear- natural juices	<b>Custard</b>	<b>Fresh Fruit</b> Includes: Apple and Pear	<b>Vanilla Yoghurt</b>	<b>Fresh Fruit;</b> Includes: Apple & Kiwi
<b>Afternoon Tea</b>  Water	<b>Pumpkin Scones &amp; Cream Cheese Spread</b>  <b>Apple Wedges</b>	<b>Wholemeal Assorted Sandwiches</b> - Cheese & Tomato - Cheese & Cucumber  <b>Apple Wedges</b>	<b>Wholemeal Salada Biscuits</b> with Cheese and Tomato Slices  <b>Apple Wedges</b>	<b>Rice Cakes with Choice of :</b> - Avocado Dip - Vegemite  <b>Apple Wedges</b>	<b>Mixed Sandwiches</b> (Cheese or Vegemite)  <b>Milk</b>  <b>Apple Wedges</b>

