

Numdaji Kwei Children's Centre

Spring/Summer Menu Week 1 of 4	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Morning Tea Water/Milk	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear, Banana and Orange	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear, Banana and Orange	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear, Banana and Orange	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear, Banana and Orange	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear, Banana and Orange
Lunch (Main) Water	Pasta Bolognaise Main Ingredients: Beef mince potato, carrot, celery and tomato Served with pasta	Vegetarian Cottage Pie Main Ingredients: Beef mince, potato, lentils, carrot, celery Served with brown rice	Moroccan Beef w/Couscous Main Ingredients: Beef mince, carrot, chickpeas, celery Served with couscous	Chicken Chow Mein Main Ingredients: Chicken, capsicum, potato, peas, broccoli Served with Noodles	Sausage Rolls and Salad Main Ingredients: Pork mince, carrot, puff pastry, lettuce & tomato
Lunch (Seconds)	Apple	Watermelon	Tinned Fruit	Watermelon	Cheese, cucumber and carrot sticks
Afternoon Tea Water	Spinach and Cheese Scones	Wholemeal Ham and Cheese Sandwiches	Banana Bread	Cheese and Ham Tortillas	Vanilla Yoghurt with Tinned Fruit Served with Apple Wedges

