

Numdaji Kwei Children's Centre

Spring/Summer Menu Week 2 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	Mushroom, Herb and Spinach Fettuccine Main Ingredients: Fettuccine pasta, mushrooms, evaporated milk, spinach & cheese	Creamy Tuna Pasta Bake Main Ingredients: Tuna, pasta, carrots, peas, milk & cheese	Chicken & Vegetable Fried Rice Main Ingredients: Chicken, rice, carrots, peas, broccoli core	Beef Lasagne Main Ingredients: Beef mince, carrots, peas, broccoli core, celery & cheese	Healthy Meatloaf and Mashed Potatoes Main Ingredients: Beef mince, zucchini, carrots, breadcrumbs & potatoes
Lunch (Seconds)	Apple & Custard	Watermelon	Banana Smoothie	Vanilla Yogurt	Watermelon
Afternoon Tea Water	Ham, Cheese and Tomato Scrolls	Savoury Platter Cheese, cucumber, carrot sticks, rice crackers & tzatziki dip Nursery Room: Rye Bread w/cream cheese	Wholemeal Pita Pizzas Ham, cheese & tomato sauce Served with Apple wedges	Rice Cakes with Cream Cheese Served with Apple wedges	Mixed Sandwiches Cheese & Vegemite

