

Numdaji Kwei Children's Centre

Spring/Summer Menu Week 3 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	Mexican Beef & Beans w/Tortillas Main Ingredients: Beef mince, kidney beans, tomatoes, cheese & tortillas	Spaghetti Meatballs Main Ingredients: Beef mince, carrots, peas, broccoli core, tomatoes & spaghetti	Pumpkin, Spinach & Ricotta Parcels w/Garden Salad Main Ingredients: Spinach, pumpkin, ricotta & filo pastry	Chicken Hokkien Noodles Main Ingredients: Chicken, carrot, celery, capsicum & hokkien noodles	Tuna Rice Bake Main Ingredients: Tuna, rice, mixed vegetables, milk & corn flour
Lunch (Seconds)	Watermelon	Watermelon	Fruit Jelly	Apple and Custard	Tinned Pear Slices
Afternoon Tea Water	Home Made Apple Cake	Pita Bread with Cream Cheese	Wholemeal Salad Sandwiches w/cheese and tomato or ham & cheese. Apple Wedges	Cheese Scones	Chip 'n' Dip Plain Corn Chips w/tzatziki dip

