

Numdaji Kwei Children's Centre

Spring/Summer Menu Week 4 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	Beef Stew on a Bed of Rice Main Ingredients: Beef Mince, carrots, potatoes, beans, peas, rice	Chicken Chow Mein Main Ingredients: Noodles, chicken, soy sauce, capsicum, potato, carrot, peas & broccoli	Chicken and Vegetable Casserole w/rice Main Ingredients: Chicken, rice, carrots, potatoes, green beans	Beef Burgers served w/wholemeal bread Main Ingredients: Beef mince, carrots, cheese, lettuce & tomato	Macaroni & Cheese w/Vegetables Main Ingredients: Spiral pasta, peas, beans, broccoli core & cheese
Lunch (Seconds)	Apple and Custard	Watermelon	Cheese, Carrot & Cucumber Sticks	Watermelon	Tinned Fruit Salad
Afternoon Tea Water	Nachos Corn chips, beans, cheese & tomato sauce	Vanilla Yoghurt	Banana Muffins Served with Apple Wedges	Rice Cakes with Cream Cheese	Cheese, Vegemite Scrolls

