

Autumn/Winter Menu

Week: 4 of 4

Weekly Menu



	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Morning Tea Water/Milk	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana
Lunch (Main) Water	Vegetable Hot Pot w/Couscous Main Ingredients: Cous Cous, broccoli, carrots, peas, cauliflower, tinned tomatoes & tomato paste	Beef Stroganoff Main Ingredients: Beef, Carrots, Mushrooms, Yoghurt, Potatoes, Worcestershire sauce, Beef stock	Baked Chicken Risotto Main Ingredients: Chicken, Onion, Spinach, Pumpkin, Arborio rice, Chicken stock, cheese	Porcupine meatballs w/ mash Potatoes Main Ingredients: Beef, Tomato soup, Carrots, Onions, Potato, mixed Vegetables, Bread crumbs	Chicken Enchilada Main Ingredients: Chicken, Tomato Sauce, Cheese, Tortillas
Lunch (2nds) Water	Yoghurt	Watermelon	Fresh Fruit Includes: Apple & Pear Nursery Room: Banana & Pear	Watermelon	Custard Nursery: Vanilla Yoghurt
Afternoon Tea Water	Cheese and Vegemite Sandwiches	Pumpkin Scones	Rice cakes w/Cream Cheese	Carrot Muffins	Ham and Cheese Scrolls

