



# Spring/Summer Menu



<b>Weekly Menu</b> Week 1 of 4	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
<b>Morning Tea</b> Water/Milk	<b>Wholemeal Toast Cheese and Vegemite</b> Served with fresh fruit Apple, Pear and Banana	<b>Wholemeal Toast Cheese and Vegemite</b> Served with fresh fruit Apple, Pear and Banana	<b>Wholemeal Toast Cheese and Vegemite</b> Served with fresh fruit Apple, Pear and Banana	<b>Wholemeal Toast Cheese and Vegemite</b> Served with fresh fruit Apple, Pear and Banana	<b>Wholemeal Toast Cheese and Vegemite</b> Served with fresh fruit Apple, Pear and Banana
<b>Lunch (Main)</b>  Water	<b>Pasta Bolognaise</b> Main Ingredients: Beef mince, carrots, broccoli core, peas, cheese and tomato sauce Served with pasta	<b>Vegetarian Cottage Pie</b> Main Ingredients: Frozen mixed vegetables (carrots, peas, broccoli, cauliflower & potato)	<b>Moroccan Beef w/Couscous</b> Main Ingredients: Beef mince, carrot, chickpeas, tomato & couscous	<b>Chicken Stir-Fry and Rice</b> Main Ingredients: Chicken, broccoli, cabbage, carrots, green beans & rice	<b>Sausage Rolls w/Garden Salad</b> Main Ingredients: Pork mince, carrot, puff pastry, zucchini, lettuce & tomato
<b>Lunch (Seconds)</b>	<b>Vanilla Custard</b> Nursery Room: Vanilla Yoghurt	<b>Watermelon</b>	<b>Cucumber &amp; Carrot Sticks w/Cheese slices</b>	<b>Watermelon</b>	<b>Tinned Fruit Salad</b> Nursery Room: Fresh Fruit
<b>Afternoon Tea</b>  Water  Water	<b>Chip 'n' Dip</b> Plain corn chips w/tzatziki dip  Nursery Room: Rye Bread w/cream cheese	<b>Wholemeal Ham and Cheese Sandwiches</b>	<b>Banana Bread</b>	<b>Spinach &amp; Cheese Scones</b>	<b>Vanilla Yoghurt</b>  Served with Apple Wedges
<b>Infants (eating solids)</b>	A variety of healthy foods are offered everyday including iron-rich foods, fruit, vegetables. Foods are an appropriate texture for infants.				
<b>Allergies</b>	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.				

Water is freely available to all children throughout the day.

