



# Spring/Summer Menu



Weekly Menu Week 2 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>Mushroom, Herb and Spinach Fettuccine</b> Main Ingredients: Fettuccine pasta, mushrooms, evaporated milk, spinach & cheese	<b>Chicken &amp; Vegetable Fried Rice</b> Main Ingredients: Chicken, rice, carrots, peas, broccoli core	<b>Creamy Tuna Pasta Bake</b> Main Ingredients: Tuna, spiral pasta, carrots, peas, milk & cheese	<b>Beef Lasagne</b> Main Ingredients: Beef mince, carrots, peas, broccoli core, cauliflower core, tomato sauce & cheese	<b>Healthy Meatloaf and Mashed Potatoes</b> Main Ingredients: Beef mince, zucchini, carrots, breadcrumbs & potatoes
<b>Lunch (Seconds)</b>	<b>Apple &amp; Pear Slices</b>	<b>Watermelon</b>	<b>Canned Fruit</b> (Pear or Peaches) <b>Nursery Room:</b> Fresh Fruit	<b>Watermelon</b>	<b>Cucumber &amp; Carrot Sticks w/Cheese slices</b>
<b>Afternoon Tea</b> Water	<b>Blueberry &amp; Banana Pikelets</b>	<b>Savoury Platter</b> Cheese, cucumber, carrot sticks, rice crackers & tzatziki dip  <b>Nursery Room:</b> Rye Bread w/cream cheese	<b>Wholemeal Pita Pizzas</b> Ham, cheese & tomato sauce	<b>Rice Cakes with Cream Cheese</b>	<b>Mixed Sandwiches</b> Cheese & Vegemite
<b>Water</b>	Water is freely available to all children throughout the day.				
<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.				

