



# Spring/Summer Menu



Weekly Menu Week 3 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>Mexican Beef &amp; Beans w/Tortillas</b> Main Ingredients: Beef mince, kidney beans, tomatoes, cheese, tortillas, peas, carrots & broccoli core	<b>Chicken Hokkien Noodles</b> Main Ingredients: Chicken, carrot, capsicum, cabbage, soy sauce & hokkien noodles	<b>Spaghetti Meatballs</b> Main Ingredients: Beef mince, carrots, zucchini, peas, tomato sauce, bread crumbs & spaghetti	<b>Pumpkin, Spinach &amp; Ricotta Parcels w/Garden Salad</b> Main Ingredients: Spinach, pumpkin, ricotta & puff pastry, tomatoes & lettuce	<b>Chicken &amp; Vegetable Casserole w/Rice</b> Main Ingredients: Chicken, carrots, potatoes, peas, rice & tomato sauce
<b>Lunch (Seconds)</b>	<b>Watermelon</b>	<b>Cucumber &amp; Carrot Sticks w/Cheese slices</b>	<b>Watermelon</b>	<b>Cantaloupe</b>	<b>Vanilla Custard</b> Nursery Room: Vanilla Yoghurt
<b>Afternoon Tea</b> Water	<b>Wholemeal Pita Bread w/Homemade Hummus Dip</b>  Nursery Room: Rye Bread w/cream cheese	<b>Nachos</b> Corn chips, beans, cheese & tomato sauce  Nursery Room: Rye Bread w/cream cheese	<b>Wholemeal Salad Sandwiches</b> w/cheese and tomato or ham & cheese.	<b>Homemade Apple Cake</b>	<b>Scones w/Cream Cheese</b>
<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.				

