



Spring/Summer Menu



Weekly 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 and Banana	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear and Banana	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear and Banana	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear and Banana	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear and Banana
Lunch (Main) Water	Beef Stew on a Bed of Rice Main Ingredients: Beef Mince, carrots, potatoes, beans, peas & rice	Baked Béchamel Chicken Main Ingredients: Chicken, carrots, peas, broccoli core, milk, corn flour & pasta	Pork San Choy Bau Main Ingredients: Pork mince, rice noodles, cabbage, carrots, green beans, peas, capsicum, soy sauce & lettuce	Beef & Vegetable Rissoles w/Pita Bread & Salad Main Ingredients: Beef mince, potato, carrots, zucchini, lettuce & tomatoes	Vegetarian Pasta Carbonara Main Ingredients: Pasta, frozen peas, mushrooms, evaporated milk, parmesan cheese
Lunch (Seconds)	Cantaloupe	Fresh Fruit Apple & Pear Nursery Room: Banana & Pear	Watermelon	Banana Smoothie	Watermelon
Afternoon Tea Water	Mixed Wholemeal Sandwiches (Cheese & Vegemite)	Savoury Platter Cucumber & carrot sticks, cheese & rice crackers Nursery Room: Cheese, carrot & cucumber sticks	Rice Cakes w/Vegemite Nursery Room: Rye Bread w/cream cheese	Cheese & Vegemite Scrolls	Vanilla Yoghurt Served with Apple Wedges
Water	Water is freely available to all children throughout the day.				
Infants (eating solids)	A variety of healthy foods are offered everyday including iron-rich foods, fruit, vegetables. Foods are an appropriate texture for infants.				
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.				

