



Spring/Summer Menu



Weekly Menu Week 3 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	Mexican Beef & Beans w/Tortillas Main Ingredients: Beef mince, kidney beans, tomato paste & puree, tortillas, onion & frozen mixed vegetables	Hokkien Noodles w/Tofu & Vegetables Main Ingredients: Tofu, carrot, capsicum, onion, broccoli, beans & hokkien noodles	Spaghetti Meatballs Main Ingredients: Beef mince, carrots, zucchini, peas, passata sauce, breadcrumbs & spaghetti, cheese & onion	Chicken and Vegetable Pasta Main Ingredients: Pasta, chicken, cheese, broccoli core, cauliflower core, carrots, peas, cow's milk, cornflour & margarine	Chicken & Vegetable Casserole w/Rice Main Ingredients: Chicken, carrots, potatoes, peas, rice, beans, capsicum & tomato paste & puree
Lunch (Seconds)	Watermelon	Cucumber & Carrot Sticks w/Cheese Slices	Watermelon	Watermelon	Vanilla Custard Nursery Room: Vanilla Yoghurt
Afternoon Tea Water	Wholemeal Pita Bread w/Cream Cheese Nursery Room: Rye Bread w/cream cheese Served with Apple Wedges & Banana	Home Made Apple Cake Served with Apple Wedges, Pear & Banana	Wholemeal Salad Sandwiches w/cheese, lettuce and tomato	Fruit Crumble Brown sugar, margarine, oats, canned fruits, flour	Spinach and Cheese Scones Served with Apple Wedges, Pear & Banana
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.				

