



# Autumn/Winter Menu



Weekly Menu Week 4 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>Tuna Fettuccine</b> Main Ingredients: Tuna, mushrooms, cow's milk, cornflour & fettuccine	<b>Porcupine Meatballs w/Mashed Potato</b> Main Ingredients: Beef mince, tomato soup, onion, potato, breadcrumbs, frozen mixed vegetables, cow's milk and margarine	<b>Chicken Risotto</b> Main Ingredients: Chicken breast fillet, onion, frozen spinach, pumpkin, Arborio rice, mushrooms & chicken stock powder	<b>Vegetable Hotpot w/Couscous</b> Main Ingredients: Frozen mixed vegetables, beans, zucchini, chick peas, canned tomatoes and couscous	<b>Beef Goulash w/Wholemeal Bread</b> Main Ingredients: Beef, onion, tomato paste, chopped tomato, potato, carrot & wholemeal bread
<b>Lunch (Seconds)</b>	<b>Apple, Banana &amp; Pear Slices</b>	<b>Vanilla Yoghurt</b>	<b>Cheese Slices, Carrot and Cucumber Sticks</b>	<b>Vanilla Custard</b> Nursery Room: Vanilla Yoghurt	<b>Banana Smoothie</b>
<b>Afternoon Tea</b> Water	<b>Wholemeal Rice Crackers served w/Sliced Cheese &amp; Vegetable Sticks</b>  <b>Nursery Room:</b> Cheese Sandwiches	<b>Wholemeal Vegemite and Cheese Sandwiches</b>  Served with Apple, Pear and Banana	<b>Banana Cake</b>	<b>Ham and Cheese Scrolls</b>  Served with Apple, Pear and Banana	<b>Pumpkin Scones w/Cream Cheese</b>  Served with Apple, Pear and Banana
<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.				

