



Spring/Summer Menu



Weekly Menu Week 1 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	Pasta Bolognese Main Ingredients: Beef mince, carrots, peas, cheese and tomato paste, crushed tomatoes, frozen mixed vegetables, canola oil Served with pasta	Tuna Corn Patties w/Wholemeal Bread & Garden Salad Main Ingredients: Tuna, potato, corn kernels, onion, breadcrumbs, wholemeal bread, lettuce, tomato, cucumber	Moroccan Beef w/Couscous Main Ingredients: Beef mince, carrot, chickpeas, peas, green beans, broccoli core tomato paste and puree & couscous	Chicken & Vegetable Stir-Fry w/Rice Main Ingredients: Chicken fillet, broccoli, cabbage, carrots, green beans, capsicum & rice	Sausage Rolls w/Garden Salad & Bread Main Ingredients: Pork mince, breadcrumbs, carrot, puff pastry, zucchini, cucumber, tomato & wholemeal bread
Lunch (Seconds)	Vanilla Custard Nursery Room: Vanilla Yoghurt	Watermelon	Cucumber & Carrot Sticks w/Cheese slices	Watermelon	Tinned Fruit Salad Nursery Room: Fresh Fruit Banana & Pear
Afternoon Tea Water	Rice Cakes w/Cream Cheese & Vegetable Sticks Rice Cakes, cream cheese, carrot and cucumber sticks Nursery Room: Rye Bread w/Cream Cheese	Wholemeal Ham and Cheese Sandwiches Served with Apple Wedges, Banana and Pear	Banana Bread Wholemeal flour, brown sugar, vanilla essence, canola oil, milk & baking soda Served with Apple Wedges, Banana and Pear	Spinach & Cheese Scones w/Carrot & Cucumber Sticks Served with Banana & Pear	Vegetarian Quesadillas Tortilla, carrot, zucchini & cheese Served with Apple Wedges, Banana & Milk
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.				

