



Spring/Summer Menu



Weekly Menu Week 2 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	Mushroom and Spinach Fettuccine w/Tofu Main Ingredients: Fettuccine pasta, mushrooms, evaporated milk, peas, tofu, spinach & cheese	Chicken & Vegetable Fried Rice Main Ingredients: Chicken, rice, onion, frozen mixed vegetables	Creamy Tuna Pasta Bake Main Ingredients: Tuna, elbow pasta, frozen mixed vegetables, cornflour, milk & cheese	Beef Lasagne Main Ingredients: Beef mince, lasagne sheets, tomato paste, frozen mixed vegetables, onion, cheese, milk, plain flour & passata sauce	Meatloaf and Mashed Potatoes Main Ingredients: Beef mince, onion, zucchini, margarine, cow's milk, carrots, breadcrumbs & potatoes
Lunch (Seconds)	Apple, Banana & Pear Slices	Watermelon	Canned Fruit Salad	Watermelon	Carrot & Cucumber Sticks w/Cheese slices
Afternoon Tea Water	Banana Muffins Served with Apple Wedges, Banana and Pear	Savoury Platter Cheese, cucumber, carrot sticks, rice crackers & tzatziki dip Nursery Room: Rye Bread w/cream cheese	Wholemeal Pita Pizzas Ham, capsicum, mushroom, cheese & tomato puree	Rice Cakes with Cream Cheese Nursery Room: Cheese and Vegemite Sandwiches	Mixed Sandwiches Cheese & Vegemite 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.				

