

Autumn/Winter Menu

Week: 2 of 4

Weekly Menu



	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Morning Tea Water/Milk	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana	Wholemeal Toast (Vegemite & Cheese) & Fresh Fruit Platter Apple, Pear, Orange & Banana
Lunch (Main) Water	Beef & Broccoli Stir Fry Main Ingredients: Beef Strips, Carrot, Capsicum, Celery, Broccoli and Rice	Chicken Paella Main Ingredients: Chicken, Onion, Parsley and Mixed Vegetables	Tuna Patties Served w/Wholemeal Bread & Garden Salad Main Ingredients: Tuna, Carrot, Potato, Breadcrumbs & Zucchini	Spinach & Ricotta Cannelloni Main Ingredients: Spinach, Ricotta, Rye flat bread, Tomato Sauce & Cheese	Chicken Tetrazzini Main Ingredients: Chicken, Cream of Chicken, Noodles, Mushrooms and Cheese
Lunch (2nds) Water	Vanilla Custard	Tinned Fruit Salad	Fresh Fruit Includes: Apple & Pear Nursery Room: Banana & Pear	Vanilla Yoghurt	Fresh Fruit; Includes: Apple & Pear Nursery Room: Banana & Pear
Afternoon Tea Water	Wholemeal Pita Bread w/Cream Cheese Nursery Room: Rye Bread w/cream cheese	Wholemeal Toasted Sandwiches - Cheese & Tomato	Chip and Tzatziki Dip Served with Apple Wedges	Ham & Cheese Tortillas Served with Apple Wedges	Pikelets

