

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 (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	Honey Soy Chicken Noodles Main Ingredients: Leek, Broccoli, Carrot, Chicken, Honey, Soy sauce & Udon Noodles	Chilli Con Carne w/Rice Main Ingredients: Beef mince, Rice, Carrot, Celery, Capsicum, Red kidney beans & tomato sauce	Pumpkin Soup served w/Wholemeal Bread Main Ingredients: Pumpkin, Potato, Vegetable Stock & Wholemeal Bread	Apricot Chicken w/Rice Main Ingredients: Chicken, Apricot Nectar, Potato, Carrot, Peas & Rice	Baked Beef Pasta Main Ingredients: Pasta, Beef, Carrot, Broccoli, Peas, Cheese & Tomato Sauce
Lunch (2nds) Water	Vanilla Custard Nursery Room: Vanilla Yoghurt	Watermelon	Fresh Fruit Includes: Apple & Pear Nursery Room: Banana & Pear	Watermelon	Fresh Fruit; Includes: Apple & Pear Nursery Room: Banana & Pear
Afternoon Tea Water	Savoury Platter (carrot & cucumber sticks, cheese & rice crackers) Nursery Room: Rye Bread w/cream cheese	Apple Cake	Vegemite & Cheese Scrolls	Wholemeal Sandwiches (Ham & Cheese)	Vanilla Yoghurt

