



# Autumn/Winter Menu



Weekly Menu Week 2 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>Beef and Broccoli Stir Fry with Rice</b> Main Ingredients: Beef, frozen stir fry vegetables, broccoli, onion and rice	<b>Chicken Paella</b> Main Ingredients: Chicken breast fillet, onion, frozen mixed vegetables, capsicum, chopped tomatoes, shredded cheese, chicken stock powder & rice	<b>Macaroni and Cheese w/Vegetables</b> Main Ingredients: Macaroni, onion, frozen mixed vegetables, shredded cheese, plain flour	<b>Beef Stroganoff w/Pasta</b> Main Ingredients: Beef, pasta, onion, carrot, mushroom, potato & natural Greek yoghurt	<b>Chicken Tetrazzini</b> Main Ingredients: Chicken mince, frozen mixed vegetables, mushrooms, cow's milk, cornflour, shredded cheese, spaghetti
<b>Lunch (Seconds)</b>	<b>Vanilla Custard</b> Nursery Room: Vanilla Yoghurt	<b>Vegetable Sticks with Sliced Cheese</b>	<b>Tinned Fruit Salad</b>	<b>Vanilla Yoghurt</b>	<b>Apple, Banana &amp; Pear Slices</b>
<b>Afternoon Tea</b> Water	<b>Wholemeal Cheese &amp; Vegemite Sandwiches</b>  Served with Apple, Pear and Banana	<b>Savoury Cheese Muffins</b>	<b>Pita Bread Nachos</b> Pita bread, shredded cheese, red kidney beans & shredded ham  <b>Nursery Room:</b> Rye Bread w/cream cheese	<b>Banana Cake</b>  Served with Pear & Apple	<b>Cheese and Vegetable Tortillas</b> Tortillas, shredded cheese, zucchini, carrot  Served with Apple Wedges, 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.				

