



Autumn/Winter Menu



Weekly Menu 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 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	Chicken Chow Mein Main Ingredients: Chicken breast fillet, frozen mixed vegetables, onion, Singapore noodles, chicken stock powder and green beans	Chilli Con Carne w/Rice Main Ingredients: Beef mince, frozen mixed vegetables, red capsicum, onion, red kidney beans, tomato paste, rice and shredded cheese.	Pumpkin Soup w/Wholemeal bread Main Ingredients: Pumpkin, potato, carrot, vegetable stock powder, wholemeal bread, red lentils	Apricot Chicken w/Rice Main Ingredients: Chicken breast fillet, apricot nectar, potato, carrot, frozen peas, onion, green beans and rice	Baked Beef Pasta Main Ingredients: Beef mince, pasta, frozen mixed vegetables, shredded cheese, passata sauce and onion
Lunch (Seconds)	Vanilla Custard Nursery Room: Vanilla Yoghurt	Vegetable Sticks with Cheese Slices	Apple, Banana & Pear Slices	Tinned Pear	Tinned Fruit Salad
Afternoon Tea Water	Rice Cakes & Cream Cheese Nursery Room: Cheese Sandwiches Served with Apple, Pear and Banana	Homemade Apple Cake	Pita Bread w/Hummus Dip and Cheese Slices	Wholemeal Ham and Cheese Sandwiches	Savoury Platter Rice crackers, cucumber, carrots and cheese slices Nursery Room: Rye Bread w/cream cheese Served with Apple Wedges and Banana
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.				

