



Autumn/Winter Menu



Weekly Menu Week 4 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	Tuna Fettuccine Main Ingredients: Tuna, mushrooms, cow's milk, cornflour & fettuccine	Porcupine Meatballs w/Mashed Potato Main Ingredients: Beef mince, tomato soup, onion, potato, breadcrumbs, frozen mixed vegetables, cow's milk and margarine	Chicken Risotto Main Ingredients: Chicken breast fillet, onion, frozen spinach, pumpkin, Arborio rice, mushrooms & chicken stock powder	Vegetable Hotpot w/Couscous Main Ingredients: Frozen mixed vegetables, beans, zucchini, chick peas, canned tomatoes and couscous	Beef Goulash w/Wholemeal Bread Main Ingredients: Beef, onion, tomato paste, chopped tomato, potato, carrot & wholemeal bread
Lunch (Seconds)	Apple, Banana & Pear Slices	Vanilla Yoghurt	Cheese Slices, Carrot and Cucumber Sticks	Vanilla Custard Nursery Room: Vanilla Yoghurt	Banana Smoothie
Afternoon Tea Water	Wholemeal Rice Crackers served w/Sliced Cheese & Vegetable Sticks Nursery Room: Cheese Sandwiches	Wholemeal Vegemite and Cheese Sandwiches Served with Apple, Pear and Banana	Banana Cake	Ham and Cheese Scrolls Served with Apple, Pear and Banana	Pumpkin Scones w/Cream Cheese Served with Apple, Pear 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.				

