



Autumn/Winter Menu



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

