

WEEKLY MENU

29/01/2019



	BREAKFAST	MORNING TEA	LUNCH	AFTERNOON TEA	SUPPER
MONDAY	Toast w spread / Weetbix	Fresh fruit w yoghurt	Beef stir fry w quinoa & fresh vegetables	Blueberry gluten free muffin Glass of Milk	Cheese / Crackers / Dried fruit
TUESDAY	Toast w spread / Weetbix	Vege sticks w hummus Glass of Milk	Chicken & apricot with brown rice and fresh greens	Fresh fruit w yoghurt	Cheese / Crackers / Dried fruit
WEDNESDAY	Toast w spread / Weetbix	Fresh fruit w yoghurt	Fresh assorted sandwiches (ham & cheese, egg & lettuce, vegemite)	Chocolate (milo) vegetable surprise cake Glass of Milk	Cheese / Crackers / Dried fruit
THURSDAY	Toast w spread / Weetbix	Scones w jam Glass of Milk	Lasagna w garden salad	Fresh fruit w yoghurt	Cheese / Crackers / Dried fruit
FRIDAY	Toast w spread / Weetbix	Fresh fruit w yoghurt	Zucchini slice w couscous & fresh vegetables	ANZAC biscuits Glass of Milk	Cheese / Crackers / Dried fruit

- Babies receive fresh fruit puree for morning tea and afternoon tea prior to the whole food meal and vegetable puree prior to lunch solids
- Menus are on a monthly rotating roster and are updated seasonally. This menu is a one week sample menu only.
- We cater for children with prescribed allergies and intolerances, please make us aware upon enrolment.
- We are a nut free centre, if you would like to bring in cake to celebrate a birthday please provide the ingredients so we can make alternate meals for children who have allergies