

WEEKLY WINTER MENU - 1

Week No.1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Each Morning breakfast is available for children from 6.30 – 8.00 am and may include cereals, toast (wholemeal), muffins (wholemeal) etc.				
Morning Tea	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter
Drink Milk/Water					
Lunch Main Dish (Sandwiches if required)	Lamb Tacos Zucchini, Capsicum, Carrots, Cucumber & Beans	Sticky Lamb Soy Stir Fry with Hokkien Noodles Peas, Carrots, Cauliflower, Broccoli, Noodles	Baked Chicken and Brown Rice Risotto Pumpkin, Spinach, Onion, Grated Cheese	Lamb Lasagne Carrots, Sweet Potato, Broccoli, Capsicum, Onions, Mushroom, Zucchini & Spinach	Tuna Bake Cauliflower & Peas Wholegrain bread with Butter
Vegetarian Dish	Mexican Style Black Bean Tacos	Sticky tofu Soy	Mixed Bean Risotto	Vegetarian Lasagne	Lentil Vegetable Bake
Drink	Water	Water	Water	Water	Water
Afternoon Tea Drink Milk/Water	Assorted Dried Fruits/vegetables Platter Cheese and Vegemite Scrolls	Assorted Fruits/vegetables Platter Vita wheat crackers with cream cheese & Cucumber	Assorted Fruits/vegetables Platter Wholemeal Apricot & Banana Muffins	Assorted Fruits/vegetables Platter Wholemeal Coconut Raspberry Loaf	Assorted Fruits/vegetables Platter Cacao & Coconut Bliss Balls with dried apricots and dates
Late Afternoon Snack	Children are offered a snack in the late afternoon that may include, sultanas, dried apricots and a drink of milk or water				
Protein	Lamb, Chickpeas	Lamb, Tofu & Beans	Chicken & Mixed Beans	Lamb	Tuna
Carbohydrate & Fibre	Taco Wraps	Vita wheat, Noodles	Rice	Pasta Sheet	Wholemeal bread
Vegetables	As seen above + Raw Veg (Afternoon tea)	As seen above + Raw Veg (Afternoon tea)	As seen above + Raw Veg (Afternoon tea)	As seen above + Raw Veg (Afternoon tea)	As seen above + Raw Veg (Afternoon tea)
Dairy	Milk	Milk, Cream cheese	Milk, Yoghurt, cheese	Milk, Cheese	Milk
Fruit	Morning/afternoon tea	morning/afternoon tea	Morning/afternoon tea	Morning/afternoon tea	morning/afternoon tea