

## WEEKLY WINTER MENU – 2

Week No.2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b>	Each Morning breakfast is available for children from 6.30 – 8.00 am and may include cereals, toast (wholemeal), muffins (wholemeal) etc.				
<b>Morning Tea</b>	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter	Assorted Fruit Platter
<b>Drink Milk/Water</b>					
<b>Lunch</b> <b>Main Dish</b> <b>(Sandwiches if required)</b>	Lamb Spaghetti Bolognaise with Lentils, Carrots, Mushroom, Capsicum, Zucchini & Onions Wholegrain bread with Butter	Fish with mashed potato, Corn, Peas & Carrot	Lamb Sausage Rolls Onion, Carrot & Zucchini Wholegrain bread with Butter	Chicken Cheesy Pasta with Broccoli, Cauliflower & Spinach	Lamb Korma, Brown Rice & Roti Bread
<b>Vegetarian Dish</b>	Vegetarian Spaghetti with mixed beans	Vegetable patties with Mash potato , Corn, Peas & Carrot	Vegetarian Sausage Rolls	Cheesy Pasta with Lentils, Broccoli & Cauliflower	Vegetable Korma & Roti Bread
<b>Drink</b>	Water	Water	Water	Water	Water
<b>Afternoon Tea</b> <b>Drink Milk/Water</b>	Assorted Fruits/vegetables Platter Wholemeal Banana Bread	Assorted Fruits/vegetables sticks with Hummus Dip Mini Peach Muffins	Assorted Fruits/vegetables Platter Spinach and Cheese Swirls	Assorted Fruits/vegetables Platter Lebanese's bread with vegemite and cheese	Assorted Fruits/vegetables Platter Muesli Fruit Slice
<b>Late Afternoon Snack</b>	Children are offered a snack in the late afternoon that may include, sultanas, dried apricots and a drink of milk or water				
<b>Protein</b>	Lamb, lentils and mixed beans	Fish	Lamb	Chicken	Lamb
<b>Carbohydrate &amp; Fibre</b>	Pasta, Banana Bread	Mashed Potato and Muffins	Pastry	Pasta, Lebanese bread	Roti bread, Muesli slice
<b>Vegetables</b>	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)
<b>Dairy</b>	Milk, Yoghurt	Milk	Milk	Cheese, Milk, Yoghurt	Milk,
<b>Fruit</b>	Morning/afternoon tea	morning/afternoon tea	Morning/afternoon tea	Morning/afternoon tea	morning/afternoon tea