

# Holy Family Children's Centre

## WEEKLY SUMMER MENU - 1

Week No.1	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>	Tuna Pasta Salad Wholemeal bread	Lamb Bake with Mushroom, Zucchini, Carrots, Onions and Capsicum Served with Garden Salad and Garlic Bread	Cheesy Lamb Rissoles with cool fried rice and Wholemeal Bread	Chicken Tacos Zucchini, Capsicum, Carrots, Cucumber & Beans	Savoury Chilean Lamb Mince with Rice Onion, Carrots, Kidney Beans, Zucchini Wholemeal Bread
<b>Vegetarian Dish</b>	Tofu Pasta Salad	Vegetable bake with beans	Lentil Vegetable rissoles wholemeal bread	Mexican Style Black Bean Tacos	Vegetable Chilean with lentils and rice
<b>Drink</b>	Water	Water	Water	Water	Water
<b>Afternoon Tea</b> <b>Drink Milk/Water</b>	Assorted Fruits/vegetables Platter Wholemeal Banana Muffins	Assorted Dried Fruits/vegetables Platter Creamy Avocado Dippers with wholemeal pita bread	Assorted Fruits/vegetables Platter Mini Quiches	Assorted Fruits/vegetables Platter Milo Drop Balls	Assorted Fruits/vegetables Platter Coconut and Jam 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>	Tuna, Tofu	Lamb & Lentils	Lamb & Lentils	Chicken and Beans	Lamb, Beans and Lentils
<b>Carbohydrate &amp; Fibre</b>	Pita Bread	Wholemeal Muffins , Pasta	Rice	Taco Wraps	Wholemeal bread
<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	Milk, cheese	Cheese	Milk, Cheese	Milk
<b>Fruit</b>	Morning/afternoon tea	morning/afternoon tea	Morning/afternoon tea	Morning/afternoon tea	morning/afternoon tea

Revised 04/06/2020