

WEEKLY SUMMER MENU – 2

Week No.2	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 San Choy Bow	Chicken, Cheese and Salad Wholemeal Wraps with spinach, tomato, capsicum, cucumber and carrot	Lamb Fried Rice Peas, Onion and capsicum Whole meal bread	Fish with Calsaw Salad Wholemeal bread	Lamb Sausage Rolls Onion, Carrots and Zucchini
Vegetarian Dish	Lentil San Choy Bow	Chickpea Vegetable patties, cheese and salad wraps	Lentil fried Rice	Chickpea Vegetable patties with Calsaw salad wholemeal bread	Vegetable Sausage Rolls
Drink	Water	Water	Water	Water	Water
Afternoon Tea Drink Milk/Water	Assorted Fruits/vegetables Platter Rice crackers, Cheese cubs, sultanas and Tzatziki Dip	Assorted Fruits/vegetables sticks Cornflake Crunch Cookies	Assorted Fruits/vegetables Platter Vita weats Biscuits with Assorted Spreads	Assorted Fruits/vegetables Platter Blueberry and Banana Wholemeal Muffins	Assorted Fruits/vegetables Platter Blueberry wholemeal Pikelets
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, lentils	Chicken , Vegetables patties	Lamb , Lentils	Fish	Lamb
Carbohydrate & Fibre	Rice crackers	Wholemeal bread	Wholemeal bread	Wholemeal bread	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, Yoghurt	Milk, cheese	Milk	Cheese, Milk,	Milk,
Fruit	Morning/afternoon tea	morning/afternoon tea	Morning/afternoon tea	Morning/afternoon tea	morning/afternoon tea