

## Summer Weekly Menu

### Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Cereal: Nutra grain, wheat bix, cornflakes and rice bubbles	Cereal: Nutra grain, wheat bix, cornflakes and rice bubbles	Cereal: Nutra grain, wheat bix, cornflakes and rice bubbles	Cereal: Nutra grain, wheat bix, cornflakes and rice bubbles	Cereal: Nutra grain, wheat bix, cornflakes and rice bubbles
<b>Morning tea</b>	Fresh seasonal fruit platter and toast	Fresh seasonal fruit platter and English muffins	Fresh seasonal fruit platter and sandwiches	Fresh seasonal fruit platter and toast	Fresh seasonal fruit platter and sandwiches
<b>Lunch</b>	Spaghetti Bolognese  lamb mince, carrots, Mushrooms, Tomatoes, Onions	Vegetable soup with chicken stock  Carrots, onion, celery, tomato and herbs	Homemade Turkish Pizza  Lebanese bread, tomato paste, herbs, capsicum, Tomatoes, Parsley, Onions	Butter chicken with rice  Chicken mince, butter chicken sauce, broccoli, carrots, beans and mushrooms	Tomato soup  Tomato, carrot, herbs, beef broth, risoni
<b>Afternoon tea</b>	Mixed Sandwiches Tuna, tomato, lettuce, cucumber	Banana bread and custard	Vegetable sticks with hummus and Crackers	Orange and Apple slices with Fruit yoghurt	Orange Cake with seasonal fruit
<b>Late snack</b>	Plain biscuits	Dried fruit platter	Rice cakes with spreads	Cruskits and cheese slices	Dried Fruit

Apple slices will be given to the children every day after lunch for dental hygiene

Water: Water is freely available throughout the day

Milk: Children under 2 years – full cream, over 2 years – reduced fat milk, other milk for intolerances/suit individual needs (soy, lactose free, breastmilk)

Infants eating solids: foods are an appropriate texture for their age (eg, puree, mashed, lumpy. Chopped, finger foods)

**Allergies: Children with allergies and or food intolerances are provided with a tailored version of the regular menu to suit their individual needs.**

**Menu: May differ at times due to delayed deliver, items out of stock or substitutions**

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<b>Morning tea</b>	Fresh seasonal fruit platter and sandwiches	Fresh seasonal fruit platter and toast	Fresh seasonal fruit platter and English muffins	Fresh seasonal fruit platter and sandwiches	Fresh seasonal fruit platter and toast
<b>Lunch</b>	Lentil Soup  Lentils, Carrots, Potatoes Celery, onion	Lamb and veggie stew/ Rice  Lamb, carrot, potato, peas	Chicken Pasta  Chicken mince, zucchini, carrots, capsicum, mushroom, pasta, pasta sauce and herbs.	Tuna Bolognese  Onion, garlic, tomato, celery, carrot, lamb Pasta	Pizza Magarita, Salami supreme  Cheese, peppers, mushrooms, tomatoes, onions, salami.
<b>Afternoon tea</b>	Cheese borek with Fruit pieces	Open mixed sandwiches and Fruit Pieces	Custard and fresh banana Crackers	Apple 'n' cinnamon muffins and sultanas	Dried fruit platter and cheese Sandwiches
<b>Late snack</b>	Dried fruit platter	Plain biscuits	Orange slices	Rice cakes	Cruskits and sultanas

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<b>Morning tea</b>	Fresh seasonal fruit and sandwiches	Fresh seasonal fruit platter and toast	Fresh seasonal fruit platter English muffins	Fresh seasonal fruit platter sandwiches	Fresh seasonal fruit platter and toast
<b>Lunch</b>	Cheesy macaroni bake with buttered bread	Turkish spiced mince with potatoes Rice  Lamb mince, onion, parsley, garlic, tomatoes	Pumpkin soup  Pumpkin, potato, carrot, onion, garlic, cream	Chicken and vegetable stir-fry with noodles.  Noodles, chicken mince, broccoli, carrots and beans	Lamb Pasta Bake  Lamb mince, cheese, carrots, zucchini, capsicum, pasta sauce
<b>Afternoon tea</b>	Open mixed sandwiches and custard	Zucchini muffins served with fruit yoghurt	Rice cakes with carrot sticks and cheese	Cruskits with cucumber and cheese	Scones with assorted spreads
<b>Late snack</b>	Cruskits	Dried fruit platter	Plain biscuits	Rice cakes	Salada and orange slices

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<b>Morning tea</b>	Fresh seasonal fruit platter and toast	Fresh seasonal fruit platter and sandwiches	Fresh seasonal fruit platter and toast	Fresh seasonal fruit platter English muffins	Fresh seasonal fruit platter and sandwiches
<b>Lunch</b>	Baked beans and Rice  Beans, onion, tomato, garlic	Lasagne  Lamb mince, cheese, zucchini, carrots, capsicum, pasta sauce, herbs and tomato paste	Chicken Minestrone Soup  Chicken stock, carrots, tomato pasta and herbs.	Vegetable stir fry with noodles  Carrot, beans, zucchini, corn, broccoli, noodles, capsicum and mushrooms	Home-made Sausage rolls Corn on cob  Lamb mince, carrots, onions, zucchini and puff pastry, corn
<b>Afternoon tea</b>	Orange and sultana cake, Fruit pieces	Cruskits and cheese slices	Vegetable sticks with hummus Crackers	Banana bread and custard	Rice cakes with a variety of spreads Vegetable sticks
<b>Late snack</b>	Salada Biscuits and orange slices	Dried fruit platter	Plain biscuits	Cruskits	Rice cakes

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