

Week 1 Summer

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
BREAKFAST	Choice of wholegrain cereals, wheat biscuits, flake mix, whole meal toast				
MORNING TEA	Crumpets with spreads	Bananas and yoghurt	Cheese & Chive Muffins	Fresh Fruit Platter	Fruit & Yoghurt
LUNCH	Pumpkin and baby spinach pasta with cheese	Tuna Patties with Asian Salad	Marinated chicken drumettes served with rice	Massaman lamb vegetable curry with rice	Beef tacos with lettuce, tomato, and cheese
AFTERNOON TEA	Chocolate zucchini Muffins	Fresh Fruit Platter	Antipasto Platter	Fresh salad vegetables served with wraps	Fresh Fruit Platter
LATE SNACK	Sliced Apples				
DRINKS	Water is available all day, and milk is also offered at morning and afternoon tea time				
INFANTS	A variety of healthy food options are offered daily, served at the appropriate consistency (Mashed, Lumpy, Chopped, Puree or finger food)				
ALLERGIES & FOOD INTOLLERANCES	Children with allergies or food intolerances are offered a tailored version from the regular menu to suit their dietary needs.				