



Week 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fresh fruit and cheese served daily (bread also offered to babies) Milk and water offered to drink.				
LUNCH	Lentil Bolognaise with Wholemeal Pasta Swirls and Cheese	Roast Chicken with Mashed Pumpkin and Potato, Peas, Corn & Gravy	Beef Risotto with Broccoli & Carrots	Sweet Potato, Pumpkin & Lentil Soup with Pasta, Broccoli & Peas	Sweet Chilli Beef Noodles with Mushrooms, Broccoli and Baby Corn
	Onion, garlic, celery, carrots, red lentils, tomato's, massel stock, pasta, cheese	Chicken, potato, pumpkin, peas, corn, gravy powder	Onion, garlic, leek, olive oil, beef mince, rice, stock, mushroom zucchini, crushed tomato.	Olive oil, onions, garlic, sweet potato, pumpkin, lentils, stock, pasta, peas, broccoli.	Beef, garlic, onion, soy sauce, mushrooms, carrots, capsicum, cabbage, corn, hokkien noodles, sweet chilli sauce, broccoli.
Wholemeal bread and margarine is offered daily. Water is offered to drink.					
AFTERNOON SNACK	Buttered Fruit Bread	Rice Pudding White rice, milk, sugar vanilla	Vegemite & Cheese Pinwheels Puff pastry, cheese, vegemite	Pita Bread with Corn Relish Dip Pita, sour cream, corn relish	Apple Sponge Apples, SR Flour, Sugar, Margarine, Eggs
Fresh fruit / vegetable platters and cheese served daily with afternoon snack. Milk and water offered to drink					

