

# Weekly Menu

Week Commencing 11/02/19

Reduced fat milk is served to 2yr olds & over with lunch and afternoon tea.

Rice milk is available if required for those with a dairy intolerance.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING TEA</b>	<b>MORNING TEA</b>	<b>MORNING TEA</b>	<b>MORNING TEA</b>	<b>MORNING TEA</b>
Cereal + Milk <i>milk</i>	Fresh Fruit Platter <i>milk</i>	Toast + Vegemite <i>milk</i>	Cereal + Milk <i>milk</i>	Fresh Fruit Salad <i>milk</i>
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
Chicken Corn + Vegie Filo Bake Carrots + Beans W/meal Bread <i>water</i>	Beef Tacos w/ Lettuce Tomato + Corn Salsa <i>water</i>	Creamy Chicken Zucchini + Pea Pasta Broc Carrot +Cauli W/meal Bread <i>water</i>	Hearty Beef + Veggie Lasagne Carrots + Beans W/meal Bread <i>water</i>	Mixed Whole meal Sandwich + Wrap's Day! <i>water</i>
<b>SECONDS</b>	<b>SECONDS</b>	<b>SECONDS</b>	<b>SECONDS</b>	<b>SECONDS</b>
Fresh Fruit Salad	Strawberry Yoghurt	Fresh Fruit Salad	Fresh Fruit Salad	Vanilla Custard
<b>AFTERNOON TEA</b>	<b>AFTERNOON TEA</b>	<b>AFTERNOON TEA</b>	<b>AFTERNOON TEA</b>	<b>AFTERNOON TEA</b>
Pear Raspberry + Coconut Bread w/ Fresh fruit <i>Milk / Water</i>	Bacon + Vegie Frittata + Kale Chips <i>Milk / Water</i>	Apricot + Sultana Rock Cakes w/oranges <i>Milk / Water</i>	Healthy Carrot + Pineapple Cake <i>Milk / Water</i>	Cheese Crackers Sultanas + Fruit <i>Milk / Water</i>
<b>LATE AFTERNOON TEA</b>	<b>LATE AFTERNOON TEA</b>	<b>LATE AFTERNOON TEA</b>	<b>LATE AFTERNOON TEA</b>	<b>LATE AFTERNOON TEA</b>
Buttered Milk Arrowroot biscuit <i>water</i>	Vegemite Salada <i>water</i>	Sultana Bread <i>water</i>	Cheese and Vegemite salada <i>water</i>	Buttered Milk Arrowroot <i>water</i>

\*\*\*\* All menu's are evaluated and cross referenced to the Good For Kid's Good For Life – Menu Guidelines and Checklist Procedures \*\*\*\*