

# Childcare Menu Week 1 - Week Commencing: 16.03.26

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>ORGANIC MILK W/ APPLE &amp; NECTARINE</p>	 <p>CHEESY TOMATO WHOLEMEAL MUFFIN</p>	 <p>TROPICAL FRUIT PLATTER W/ ORGANIC MILK</p>	 <p>APPLE &amp; PEAR CRUMBLE OR TWO FRUITS W/ ORGANIC YOGHURT</p>	 <p>ORGANIC MILK, BANANA &amp; GRAPES</p>
LUNCH	 <p>CHICKEN &amp; VEGETABLE NOODLES</p>	 <p>BEEF &amp; CAULIFLOWER LASAGNE W/ SALAD</p>	 <p>SANDWICH: CHICKEN, CARROT, CHEESY MINT PEA / ROAST BEEF, TOMATO &amp; PEPITA PESTO SANDWICH SUSHI: TERIYAKI CHICKEN</p>	 <p>BEAN BURRITO BOWL W/ CORN CHIPS, RICE &amp; GUACAMOLE</p>	 <p>WHOLEMEAL CHEESE BURGER W/ ROASTED SWEET POTATO</p>
AFTERNOON TEA	 <p>WHOLEMEAL GARLIC BREAD W/ PEAR WEDGES</p>	 <p>CUCUMBER, HUMMUS, GRAPES, CAPSICUM &amp; CRISP BREAD</p>	 <p>CHEESE &amp; TOMATO PIZZA</p>	 <p>TUNA &amp; CHIVE DIP / TOMATO &amp; CHEESE DIP W/ VEGGIE STICKS &amp; RICE CRACKERS</p>	 <p>BLUEBERRY MUFFIN W/ WATERMELON</p>