Childcare Menu Week 1 - Week Commencing: 23.11.26

Healthy Cooking Company
Wholesome food - naturally!

***Low in Sodium & Refined Sugars** ***Nut Aware** ***Locally Sourced Produce**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 ORGANIC MILK W/ APPLE & CARROT STICKS	 CHEESY TOMATO WHOLEMEAL MUFFIN	 TORTILLA CHIPS W/ TZATZIKI & ROCKMELON	 TROPICAL FRUIT PLATTER W/ ORGANIC MILK	 ORGANIC MILK & BLACK BEAN BROWNIE
LUNCH	 CHICKEN & VEGETABLE NOODLES	 CHEESY VEGETABLE LASAGNE / CHEESY VEGETABLE PASTA BAKE	 SANDWICH: CHICKEN, CARROT, CHEESY MINT PEA / ROAST BEEF, TOMATO & PEPITA PESTO SANDWICH SUSHI: TERIYAKI CHICKEN	 BEAN BURRITO BOWL W/ CORN CHIPS, RICE & GUACAMOLE	 WHOLEMEAL CHEESE BURGER PASTA
AFTERNOON TEA	 WHOLEMEAL GARLIC BREAD W/ PEAR	 PINEAPPLE, HONEYDEW & WATERMELON	 CHEESE & TOMATO PIZZA	 TUNA & CHIVE DIP / TOMATO & CHEESE DIP W/ VEGGIE STICKS & RICE CRACKERS	 BANANA, ORANGE & MANGO

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