

# Childcare Menu Week 1 - Week Commencing: 31.08.26

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

|               | MONDAY                                                                                                                             | TUESDAY                                                                                                                                                                           | WEDNESDAY                                                                                                                                                                                                         | THURSDAY                                                                                                                                                                         | FRIDAY                                                                                                                           |
|---------------|------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------|
| MORNING TEA   |  <p>ORGANIC MILK W/ APPLE &amp; CARROT STICKS</p> |  <p>CHEESY TOMATO WHOLEMEAL MUFFIN</p>                                                           |  <p>TORTILLA CHIPS W/ TZATZIKI, PEAR &amp; MANDARIN</p>                                                                         |  <p>TROPICAL FRUIT PLATTER W/ ORGANIC MILK</p>                                                |  <p>ORGANIC MILK &amp; BLACK BEAN BROWNIE</p> |
| LUNCH         |  <p>CHICKEN &amp; VEGETABLE NOODLES</p>           |  <p>CHEESY VEGETABLE LASAGNE</p>                                                                 |  <p>SANDWICH: CHICKEN, CARROT, CHEESY MINT PEA / ROAST BEEF, TOMATO &amp; PEPITA PESTO SANDWICH<br/>SUSHI: TERIYAKI CHICKEN</p> |  <p>BEAN BURRITO BOWL W/ CORN CHIPS, RICE &amp; GUACAMOLE</p>                                 |  <p>WHOLEMEAL CHEESE BURGER PASTA</p>         |
| AFTERNOON TEA |  <p>WHOLEMEAL GARLIC BREAD W/ ORANGES</p>       |  <p><b>New Product</b><br/>CUCUMBER, BEETROOT HUMMUS, MANDARIN, 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>BANANA, STRAWBERRIES, &amp; KIWI</p>    |