

# Childcare Menu Week 1 - Week Commencing: 17.02.25

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

TEA MORNING

LUNCH

# MONDAY

### TUESDAY

## WEDNESDAY

### THURSDAY

#### FRIDAY



CHEESY TOMATO WHOLEMEAL MUFFIN



NECTARINE & APPLE W/ ORGANIC MILK



CUCUMBER, PUMPKIN HUMMUS, ORANGE, CAPSICUM & CRACKERS



TROPICAL FRUIT PLATTER W/ ORGANIC MILK



ORGANIC MILK W/ BANANA & APPLE



CHICKEN & VEGETABLE NOODLES



**BEEF & CAULIFLOWER** LASAGNE

W/ ZUCCHINI



SANDWICHES: CHICKEN. CARROT & CHEESY MINT PEA / ROAST BEEF, TOMATO & PEPITA PESTO SUSHI/ TERIYAKI CHICKEN & AVOCADO



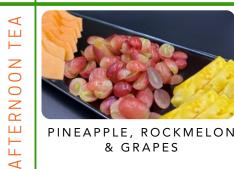
BEAN BURRITO BOWL

W/ CORN CHIPS, RICE & GUACAMOLE



WHOLEMEAL CHEESE BURGER

W/ NOMATO SAUCE & SALAD



PINEAPPLE, ROCKMELON & GRAPES



WHOLEMEAL GARLIC BREAD W/ ORANGE WEDGES



APPLE & PEAR STRUDEL W/ ORGANIC YOGHURT



TUNA & CHIVE DIP / TOMATO & CHEESE DIP W/ VEGGIE STICKS & RICE CRACKERS



BLUEBERRY MUFFIN W/ WATERMELON