

Childcare Menu Week 1 - Week Commencing: 28/10/24

*Low in Sodium & Refined Sugars

*Nut Free

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>SMASHED AVOCADO ON WHOLEMEAL MUFFIN W/ MELON</p>	 <p>PEACH, PEAR & APPLE W/ ORGANIC MILK</p>	 <p>CUCUMBER, PUMPKIN HUMMUS, ORANGE, CAPSICUM & CRACKERS</p>	 <p>TROPICAL FRUIT PLATTER W/ ORGANIC MILK</p>	 <p>ORGANIC MILK, BANANA, MANDARIN & APPLE</p>
LUNCH	 <p>CHICKEN & VEGETABLE NOODLES</p>	 <p>BEEF & CAULIFLOWER LASAGNE W/ SALAD</p>	 <p>SANDWICHES: CHICKEN, CARROT & CHEESY MINT PEA / ROAST BEEF, TOMATO & PEPITA PESTO SUSHI/ TERIYAKI CHICKEN & AVOCADO</p>	 <p>BEAN BURRITO BOWL W/ CORN CHIPS, RICE & GUACAMOLE</p>	 <p>WHOLEMEAL CHEESE BURGER W/ TOMATO SAUCE & SALAD</p>
AFTERNOON TEA	 <p>CHEESE & MULTIGRAIN CORN THINS W/ PEAR</p>	 <p>TROPICANA PIZZA</p>	 <p>APPLE & PEAR STRUDEL W/ ORGANIC YOGHURT</p>	 <p>TUNA & CHIVE DIP / TOMATO & CHEESE DIP W/ VEGGIE STICKS & RICE CRACKERS</p>	 <p>APPLE & BLUEBERRY MUFFIN W/ WATERMELON</p>