Childcare Menu Week 2 - Week Commencing: 02.11.26

Healthy Cooking Company
Wholesome food - naturally!

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 PEAR, HUMMUS, CORN THINS & VEGGIE STICKS	 MELONS & BLUEBERRY ORGANIC YOGHURT W/ OATS	 SPINACH & CHEESE DIP W/ TORTILLA & CRUDITES	 TROPICAL FRUIT PLATTER W/ ORGANIC MILK	 BANANA & WATERMELON W/ STRAWBERRY ORGANIC YOGHURT
LUNCH	 TEX-MEX BLACK BEAN RICE BAKE	 WHOLEMEAL TUNA PASTA BAKE WHOLEMEAL CHICKEN PASTA BAKE W/ BROCCOLI	 SPAGHETTI MEATBALLS W/ CHEDDAR CHEESE	 MEAN GREEN MAC & CHEESE W/ CARROT BATONS	 SANDWICHES: CHICKEN, CUCUMBER & CHEESY SWEET CORN / ROAST BEEF, CHEESE & BAKED BEAN SUSHI: TERIYAKI BEEF & AVOCADO
AFTERNOON TEA	 CHEESY TOMATO PINWHEEL & APPLE	 CHEESE & VITA WEATS W/ TOMATO	 STICKY DATE PUDDING W/ ORANGES	 BEEF & KALE SAUSAGE ROLLS	 MEXICAN BEAN NACHOS / MEXICAN BEAN BURRITO