Childcare Menu Week 4 - Week Commencing: 16.11.26

Healthy Cooking Company
Wholesome food - naturally!

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

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 MELONS & BLUEBERRY ORGANIC YOGHURT W/ OATS	 ITALIAN FOCACCIA W/ CAPSICUM & OLIVES	 PEAR, HUMMUS, CORN THINS & VEGGIE STICKS	 TROPICAL FRUIT PLATTER W/ ORGANIC MILK	 ORGANIC YOGHURT W/ BANANA & MANGO CHIA
LUNCH	 MACARONI & CHEESE W/ PEAS & CARROT	 BEEF BOLOGNAISE PASTA BAKE	 CHICKEN & CHEESE BURRITO W/ ICEBERG LETTUCE	 NOT SO CHILLI CON CARNE W/ RICE & BROCCOLI	 SANDWICHES: TUNA, CHEESE & CUCUMBER / ROAST CHICKEN, PUMPKIN HUMMUS & SPINACH SUSHI: TERIYAKI CHICKEN & AVOCADO
AFTERNOON TEA	 MEXICAN BEEF NACHOS / MEXICAN BEEF BURRITO	 PINEAPPLE, ORANGE & WATERMELON	 SPINACH & FETTA ROLLS W/ ORANGE WEDGES	 CHEDDAR CHEESE & MULTIGRAIN VITA WEATS	 TROPICANA PIZZA

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