

# Childcare Menu Week 1 - Week Commencing: 11.05.26

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>MELON &amp; RASPBERRY YOGHURT W/ OATS &amp; CHIA</p>	 <p>CHEESY TOMATO WHOLEMEAL MUFFIN</p>	 <p>TROPICAL FRUIT PLATTER W/ ORGANIC MILK</p>	 <p>APPLE &amp; PEAR CRUMBLE OR TWO FRUITS W/ ORGANIC YOGHURT</p>	 <p>ORGANIC MILK &amp; BLACK BEAN BROWNIE</p>
LUNCH	 <p>CHICKEN &amp; VEGETABLE NOODLES</p>	 <p>BEEF BOLOGNAISE PASTA BAKE</p>	 <p>SANDWICH: CHICKEN, CARROT, CHEESY MINT PEA / ROAST BEEF, TOMATO &amp; PEPITA PESTO SANDWICH SUSHI: TERIYAKI CHICKEN</p>	 <p>BEAN BURRITO BOWL W/ CORN CHIPS, RICE &amp; GUACAMOLE</p>	 <p><b>New Product</b> WHOLEMEAL CHEESE BURGER W/ GRAIN FUSION BREAD, ICEBERG LETTUCE &amp; TOMATO CHUTNEY</p>
AFTERNOON TEA	 <p>WHOLEMEAL GARLIC BREAD W/ PEAR WEDGES</p>	 <p>CUCUMBER, BEETROOT HUMMUS, GRAPES, CAPSICUM &amp; CRISPREAD</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, GRAPES, MANDARIN</p>