

# Childcare Menu Week 1 - Week Commencing: 17.03.25

\*Low in Sodium & Refined Sugars

\*Nut Aware

\*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>CHEESY TOMATO WHOLEMEAL MUFFIN</p>	 <p>PEAR &amp; APPLE W/ ORGANIC MILK</p>	 <p>CUCUMBER, PUMPKIN HUMMUS, ORANGE, CAPSICUM &amp; CRACKERS</p>	 <p>TROPICAL FRUIT PLATTER W/ ORGANIC MILK</p>	 <p>ORGANIC MILK W/ BANANA &amp; APPLE</p>
LUNCH	 <p>CHICKEN &amp; VEGETABLE NOODLES</p>	 <p>NOT SO CHILLI CON CARNE W/ CHEESE, RICE &amp; BROCCOLI</p>	 <p>SANDWICHES: CHICKEN, CARROT &amp; CHEESY MINT PEA / ROAST BEEF, TOMATO &amp; PEPITA PESTO SUSHI/ TERIYAKI CHICKEN &amp; AVOCADO</p>	 <p>BEAN BURRITO BOWL W/ CORN CHIPS, RICE &amp; GUACAMOLE</p>	 <p>WHOLEMEAL CHEESE BURGER W/ NOMATO SAUCE &amp; SALAD</p>
AFTERNOON TEA	 <p>PINEAPPLE, MELON &amp; GRAPES</p>	 <p>WHOLEMEAL GARLIC BREAD W/ ORANGE WEDGES</p>	 <p>APPLE &amp; PEAR STRUDEL W/ ORGANIC YOGHURT</p>	 <p>TUNA &amp; CHIVE DIP / TOMATO &amp; CHEESE DIP W/ VEGGIE STICKS &amp; RICE CRACKERS</p>	 <p>BLUEBERRY MUFFIN W/ WATERMELON</p>