Childcare Menu Week - Week 1 Commencing: 27/11/2023

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY



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MORNING

LUNCH

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MELON & RASPBERRY ORGANIC YOGHURT W/ OATS & CHIA SEEDS



STEWED APPLE &
APRICOT W/ SEMOLINA
PUDDING



TROPICAL FRUIT &
VEGETABLE PLATTER W/
ORGANIC MILK



CUCUMBER CHEESE BOAT W/ ORANGE, CAPSICUM & ORGANIC CRACKERS



ORGANIC MILK, BLACK BEAN BROWNIE & BANANA



BEAN BURRITO BOWL W/ CORN CHIPS, RICE & GUACAMOLE



BEEF BOLOGNAISE PASTA BAKE W/ GARDEN SALAD



CHICKEN, CARROT &
CHEESY MINT PEA
SANDWICH
ROAST BEEF, CHEESE &
BAKED BEAN SANDWICH



TUNA & POTATO CURRY
W/BROWN RICE &
VEGETABLES
CHICKEN & PINEAPPLE
CURRY W/BROWN RICE &
VEGETABLES



WHOLEMEAL CHICKEN
BURGER W/SWEET
POTATO CHIPS



SPINACH & CHEESE NAAN W/CARROT STICKS BROCCOLI



BEETROOT HUMMUS & CHEESE W/ MULTIGRAIN VITA-WEATS & CRUDITES



WHOLEMEAL CHEESE FILLED ROLLS W/ PEAR WEDGES



BLUEBERRY DANISH W/ ORGANIC YOGHURT



TROPICANA PIZZA W/ APPLE WEDGES



Low in Sodium & Refined Sugars

Nut Free

Locally sourced produce