Childcare Menu Week - Week 2 Commencing: 04/12/2023

MONDAY

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MORNING

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PEAR, CHEESE, MULTIGRAIN CORN THINS W / VEGGIE STICKS

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY





MELON & BLUEBERRY ORGANIC YOGHURT W/ OATS & CHIA SEEDS



SPINACH & CHEESE DIP W. CRISPIBREAD & CRUDITES



TROPICAL FRUIT & VEGETABLE PLATTER W/ ORGANIC MILK



ORGANIC MILK, BLACK BEAN BROWNIE & BANANA



SWEET & SOUR CHICKEN W/ BROWN RICE & BEANS



WHOLEMEAL TUNA PASTA BAKE WHOLEMEAL CHICKEN PASTA BAKE

W/ BROCCOLI



CHEESY MEATBALL SUB W/ BABY SPINACH & ROAST POTATOES



MEAN GREEN MAC & CHEESE W/ CARROT & ZUCCHINI



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



CHEESY TOMATO PINWHEEL W/HONEYDEW



STICKY DATE PUDDING W/ ORANGE WEDGES



APPLE & PEAR CRUMBLE W/ ORGANIC YOGHURT



BEEF & KALE SAUSAGE ROLLS



MEXICAN BEAN NACHOS W/ CORN COBS



Low in Sodium & **Refined Sugars**

Nut Free

Locally sourced produce www.healthycookingco.com.au