
















Childcare Menu Week 3 - Week Commencing: 11/12/2023

*Low in Sodium & Refined Sugars

*Nut Free

*Locally Sourced Produce

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	 <p>MELON & RASPBERRY ORGANIC YOGHURT W/ OATS & CHIA SEEDS</p>	 <p>PEAR, CHEESE, MULTIGRAIN CORN THINS & VEGGIE STICKS</p>	 <p>TROPICAL FRUIT & VEGETABLE PLATTER W/ ORGANIC MILK</p>	 <p>CUCUMBER CHEESE BOATS W/ ORANGE, CAPSICUM & ORGANIC CRACKERS</p>	 <p>ORGANIC MILK, BANANA & MANGO</p>
LUNCH	 <p>SPAGHETTI BOLOGNAISE W/ PARMESAN CHEESE</p>	 <p>CHICKEN RISONI PASTA BAKE W/ CARROT & BROCCOLI</p>	 <p>AUSSIE BEEF BURGER W/ BEETROOT</p>	 <p>TERIYAKI CHICKEN FRIED RICE & VEGETABLES</p>	 <p>CHICKEN, CUCUMBER & CHEESY SWEET CORN SANDWICH ROAST BEEF, TOMATO & PEPITAS PESTO SANDWICH</p>
AFTERNOON TEA	 <p>SESAME VITA WEATS W/ SWEET POTATO DIP & APPLE</p>	 <p>SULTANA SCONE W/ CHIA BERRY FRUIT SPREAD</p>	 <p>APPLE & PEAR STRUDEL W/ ORGANIC YOGHURT</p>	 <p>CHEESE & TOMATO PIZZA W/ ROCKMELON</p>	 <p>TUNA & CHIVE DIP TOMATO & CHEESE DIP W/ BROWN RICE CRACKERS</p>