

# MENU WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Breakfast is served daily from 7am to 8am and offers the children a selection of Weetbix, Corn flakes, Rice bubbles & toast served with milk and water				
<b>Morning Tea</b> Served with milk and water 9.30am	A variety of fresh seasonal fruits with Crispbread	A variety of fresh seasonal fruits with Arrowroots	A variety of fresh seasonal fruits with Rice Crackers	A variety of fresh seasonal fruits with Arrowroots	A variety of fresh seasonal fruits with Crispbread
<b>Lunch</b> Served with water 11.30am	<b>Penne Pasta with Roast Vegetable sauce</b>  Penne pasta, tomatoes, zucchini, garlic, carrots, eggplant, onion, stock, kidney beans, squash, pasta sauce.	<b>Sandwiches</b> on multigrain and wholemeal bread  Examples include Vegemite Cheese & Tuna Roast Beef Shaved Ham Shaved Chicken	<b>Lamb Couscous wraps</b>  Lamb, Couscous, onion, homemade mixed vegetable salsa, Rocket leaf, tomato, Sour cream or natural yoghurt, cheese.	<b>Chickpea/Chicken curry with white rice</b>  Chickpeas, vegetable stock, curry powder, pumpkin, sweet potato, mixed vegetables, white rice.	<b>Fettuccini Carbonara</b>  Fettuccini, mushrooms, shredded ham, cream, parsley, chicken stock, baby spinach, carrot, celery, cheese, onion.
<b>Afternoon Tea</b> Served with water 2.30pm	Staff to make Afternoon Tea With children	Fresh fruit & Yoghurt	Staff to make Afternoon Tea With children	Fresh fruit & Veggie sticks and Cheese dip with Sao's	Staff to make Afternoon Tea With children
<b>Late Snack</b>	Late snack is served at 5.30pm to keep the children going until dinner, they will be offered a selection of crackers, biscuits or sandwiches with available fruit and a drink of milk or water				

> Vegetarian alternative reflects the main dish, substituting the meat with lentils or beans.

> Babies will be served a pureed portion of the main meal.