

Week Three – Summer 2022-2023

Monday	Tuesday	Wednesday	Thursday	Friday
Milk and Water is served with Morning Tea				
Fresh Fruit Watermelon, nectarine, banana & grapes, whole grain crackers	Wholemeal toast Wholemeal bread, Vegemite & Nutalex, Pear and banana	Dried & Fresh Fruit platter Dried- Sultanas, cranberries, apricots, Fresh- apple, pear, oranges	Cheese, Crackers, fruit Cubed Cheese, corn Cruskits, apple, oranges, grapes	Wholemeal crumpets Wholemeal bread, Vegemite & Nutalex, Pear and banana, cubed cheese
Water is served with Lunch				
Beef Tacos Beef mince, home-made taco seasoning, cannellini beans, white rice. Wholegrain wraps Carrots, beans, broccoli	Fried Rice White rice, peas, beans carrots, corn, egg, cannellini beans, salt reduced soy sauce	Beef Lasagne Beef, tomatoes, carrots, zucchini, pasta sheets. Broccoli, cauliflower, potato	Crumbed chicken tenderloins Zucchini, sweet potato, Carrots beans and cauliflower	Thai fish cakes Whiting, brown rice, curry powder, fresh beans, fresh parsley, grated carrots, bread crumbs Served with steamed veggies
Water is served with Second Course				
Fresh Fruit Apples, cantaloupe & oranges	Fresh Fruit watermelon and berries oranges melon grapes	Fresh Fruit salad & yoghurt Natural yoghurt with watermelon and berries	Fresh fruit salad & yoghurt Natural yogurt, Cantaloupe, Honey dew watermelon	Fresh Fruit Watermelon, Cantaloupe, Honey dew
Second Option- Wholemeal Sandwiches with Vegemite & block cheese				
Milk and Water is served with Afternoon Tea				
Easy Oat Slice Wholemeal flour, oats, raisins, vanilla, egg	Apple Pikelets Pureed apple, arrowroot, eggs, cinnamon, Oatmeal and wholemeal flour Served with fruit	Cracker, Veggie & Cheese platter Carrot, cucumber with cubed hard cheese & Cruskits	Wholemeal banana biscuits with veggie sticks Wholemeal flour, bananas, milk, carrot & cucumber	Fruit & Veggie platter Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, multigrain corn thins with cream cheese
Water is served with Late Snack. Late Snack- Wholemeal sandwiches with vegemite & block cheese, fruit & veggie sticks				