








Pre-school & Long Day Care Centre



This weeks Menu

Week Beginning: _____

| Menu 3 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------------------------------------|------------------------------------|---------------------------------------|--------------------------|------------------------|
| Morning Tea  | Fruit or Cereal | Fruit or Cereal | Fruit or Cereal | Fruit or Cereal | Fruit or cereal |
| Lunch  | Tuna Bake with Corn, Carrot and Peas. | Assortment Sandwiches | Spaghetti Bolognese With Garlic Bread | Assortment of Sandwiches | Chicken Carbonara |
| Dessert  | Apple Pie with Custard | Frozen Yo-ghurt | Fruit Salad | Custard with Jelly | Chocolate Muffins |
| Afternoon Tea  | Rice Cakes with variety spread | Spinach Cob Loaf Dip | Banana Muffins | Sao with Spread | Lavish bread with Dips |
| 0-1yr Lunch  | Pureed Sweet pumpkin, potato & peas | Pureed Broccoli, carrot & couscous | Puree mince beef with pasta & carrots | Pasta Beef & Vegies | Puree mixed Vegetables |
| 0-1yr Dessert  | Baby custard | Pureed apple and baby custard | Baby custard | Pureed fruit | Baby custard |
| 0-1 Afternoon Tea  | Mash Banana | Fruit Gel | Mash Pear | Baby Custard | Puree Apple |

All lunch meals are served with a choice of beverages including Milk, or water.

Assortment of sandwiches will include toppings of ham, chicken, cheese, salad, and spaghetti on our very own 'tiger Bread' (half white half brown).

Assortment of spreads include vegemite, jam & cream cheese










Pre-school & Long Day Care Centre



This weeks Menu

Week Beginning: _____

| Menu 2 | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|-------------------------------------|--------------------------------|----------------------------------|--------------------------|-----------------------------------|
| Morning Tea  | Fruit or Cereal | Fruit or Cereal | Fruit or Cereal | Fruit or Cereal | Fruit or Cereal |
| Lunch  | Assortment of Sandwiches | Assortment of Sandwiches | Apricot Chicken | Mince Chop Suey | Meat Loaf with mash potato |
| Dessert  | Fruit Salad | Blueberry Muffins | Custard | Frozen Yoghurt | Fruit and Yoghurt |
| Afternoon Tea  | Cheese, Capanossi and Rice Crackers | Toasted Lavish Bread with Dips | Carrot, Celery, Dip and Crackers | Rice Cake with Spreads | Arrowroot Biscuits |
| 0-1yr Lunch  | Beef & Vegies with sauce | Pasta & Vegies with sauce | Chicken Pasta sauce | Fish & Vegies with sauce | Beef, Vegies, potatoes with sauce |
| 0-1yr Dessert  | Pureed apple and pear | Pureed apple and baby yoghurt | Baby custard | Baby yoghurt | Baby custard |
| 0-1yr Tea  | Baby custard | Fruit Gel | Pureed apple | Mash Banana | Fruit Gel |

All lunch meals are served with a choice of beverages including Milk, or water.

Assortment of sandwiches will include toppings of ham, chicken, cheese, salad, and spaghetti on our very own 'tiger Bread' (half white half brown).

Assortment of spreads include vegemite, jam & cream cheese



Pre-school & Long Day Care Centre



This weeks Menu

Week Beginning: _____

| Menu 1 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---------------------------------------|------------------------------------|-------------------------------|---|
| Morning Tea  | Fruit Or Cereal | Fruit Or Cereal | Fruit Or Cereal | Fruit Or Cereal | Fruit Or Cereal |
| Lunch  | Chicken Stir Fry with Noodles | Assortment of Sandwiches | Mince Stroganoff with Vegies | Pumpkin Soup with Toast | Assortment of Sandwiches |
| Dessert  | Custard with fruit | Jelly and Custard | Blueberry Muffins | Chocolate Muffins | Apple Pie with Custard |
| Afternoon Tea  | Cheese, Carrots, Cel- ery sticks with Dips | Saos with Variety of Spreads | Dips and Biscuits | Rice Cakes with Spreads | Cabanossi, cheese and Rice Crackers |
| 0-1yr Lunch  | Rice, Chicken & Vegies | Pasta, Beef with Vegies & Sauce | Chicken pasta & Sauce | Fish & Potato's with sauce | Potato's, Vegies & Mince meat |
| 0-1yr Dessert  | Baby custard | Pureed apple and baby custard | Baby custard | Pureed fruit | Baby custard |
| 0-1yr Afternoon Tea  | Fruit Gel | Fruit Gel | Mash Banana | Fruit Gel | Mash Pear |

All lunch meals are served with a choice of beverages including Milk, or water.

Assortment of sandwiches will include toppings of ham, chicken, cheese, salad, and spaghetti, on our very own 'tiger Bread' (half white half brown).

Assortment of spreads include vegemite, jam & cream cheese










Pre-school & Long Day Care Centre



This weeks Menu

Week Beginning: _____

| Menu 4 | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---------------------------------|------------------------------------|--------------------------|-----------------------------------|--------------------------------|
| Morning Tea  | Fruit or Cereal | Fruit or Cereal | Fruit or Cereal | Fruit or Cereal | Fruit or Cereal |
| Lunch  | Fish with Vegies in Cream Sauce | Sweet and Sour Chicken | Assortment of Sandwiches | Assortment of Sandwiches | Sheppard's Pie with Vegies |
| Dessert  | Banana Muffins | Yoghurt with fruit | Custard with Fruit | Flavoured Yoghurt with Fruit | Jelly with Fruit |
| Afternoon Tea  | Cheese, Dip and Crackers | Rice Cakes with Spreads | Chocolate Muffins | Carrot and Celery sticks with Dip | Arrowroot Biscuits with Butter |
| 0-1yr Lunch  | Pasta & Vegie Sauce | Mashed Potato's with Vegies & Beef | Fish with Potato bake | Pasta & Sauce | Rice, Vegies & Chicken |
| 0-1yr Dessert  | Baby custard | Pureed apple | Baby custard | Pureed fruit | Baby custard |
| 0-1 yr Afternoon Tea  | Fruit Gel | Baby custard | Mash Banana | Baby custard | Fruit Gel |

All lunch meals are served with a choice of beverages including Milk, or water.

Assortment of sandwiches will include toppings of ham, chicken, cheese, salad and spaghetti on our very own 'tiger Bread' (half white half brown).

Assortment of spreads include vegemite, jam & cream cheese