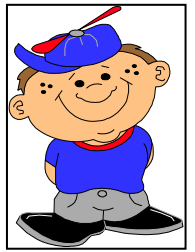




Pre-school & Long Day Care Centre

Summer Menu

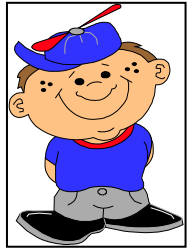


Menu 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk
Lunch 	Spanish Beef & Beans with Pasta & Salad	Beef Stir-Fry with Hokkien Noddles & Salad	Sandwiches	Tuna Patties with Rice & Salad	Lamb & Vegetable Dahl with Rice & Vegetables
Afternoon Tea 	Yoghurt Fruit Parfaits	Vegetable & Dried Fruit Platter with Pita Bread	Wheat Biscuit Slice with Custard	Rice Cakes with Cheese & Spreads	Cereal & Milk
Morning Tea 0-1yr 	Pureed Apple	Baby Custard	Fruit Gel	Pureed Pear	Baby Custard
Lunch 0-1yr 	Pureed Vegetables & Rice	Pureed Beef & Pasta	Pureed Vegetables & Potato	Pureed Vegetable & Rice	Pureed Lamb & Pasta
Afternoon Tea 0-1yr 	Baby Custard & Mashed Banana	Fruit Gel & Pureed Pear	Baby Custard & Mashed Banana	Baby Custard & Pureed Apple	Fruit Gel & Pureed Apple
Late Afternoon Tea (After 5pm) 	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)

Children are offered milk at morning and afternoon tea.
 All lunch meals are served with the children's drink bottles or the option of milk or water.
 Children are reminded and encouraged to do swish and swallow.



Pre-school & Long Day Care Centre



Summer Menu

Menu 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk
Lunch 	Savoury Baked Beans with Rice & Salad	Beef Goulash with Pasta & Vegetables	Lamb Stroganoff with Rice & Salad	Chicken Stir Fry with Hokkien Noodles & Salad	Beef Spaghetti with Salad
Afternoon Tea 	Vegetable & Dried Fruit Platter with Cheese & Rice Crackers	Rice Cakes with Cheese & Spreads	Cereal & Milk	Wheat Biscuit Slice with Custard	Yoghurt & Fruit Parfaits
Morning Tea 0-1yr 	Purred Apple	Purred Pear	Pureed Apple	Fruit Gel	Pureed Pear
Lunch 0-1yr 	Pureed Vegetable & Pasta	Pureed Beef & Potato	Pureed Lamb & Rice	Pureed Vegetable & Chicken	Pureed Vegetables & Rice
Afternoon Tea 0-1yr 	Baby Custard & Mashed Banana	Fruit Gel & Pureed Apple	Fruit Gel & Pureed Pear	Baby Custard & Mashed Bananas	Fruit Gel
Late Afternoon Tea (After 5pm) 	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)

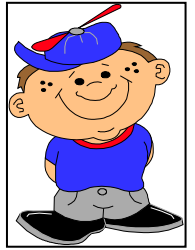
Children are offered milk at morning and afternoon tea.

All lunch meals are served with the children's drink bottles or the option of milk or water.

Children are reminded and encouraged to do swish and swallow.



Pre-school & Long Day Care Centre



Summer Menu

Menu 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk
Lunch 	Lamb Noodles with Salad	Sandwiches	Chicken Risotto with Salad	Beef Nachos with Lebanese Bread & Salad	Beef Ragout with Rice & Vegetables
Afternoon Tea 	Rice Cakes with Cheese & Spreads	Yoghurt & Fruit Parfaits	Vegetable & Dried Fruit Platter, with Cheese & Vita-Weats	Cereal & Milk	Nut Free Muesli Bars with Custard
Morning Tea 0-1yr 	Pureed Apple and Pear	Baby Custard	Fruit Gel	Pureed Apple with Cinnamon	Baby Custard with Mashed Banana
Lunch 0-1yr 	Pureed Vegetables & Lamb	Pureed Vegetables & Pasta	Pureed Chicken & Potato	Pureed Beef & Rice	Pureed Beef & Potato
Afternoon Tea 0-1yr 	Baby Custard with Mashed Banana	Fruit Gel	Pureed Pear	Baby Custard	Mixed Pureed Fruit
Late Afternoon Tea (After 5pm) 	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)

Children are offered milk at morning and afternoon tea.

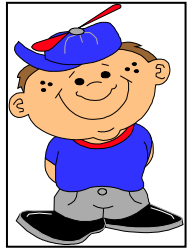
All lunch meals are served with the children's drink bottles or the option of milk or water.

Children are reminded and encouraged to do swish and swallow.



Pre-school & Long Day Care Centre

Summer Menu



Menu 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk	Mixed Fruit Platter & Milk
Lunch 	Tuna & Pumpkin Pasta Bake with Salad	Lamb Fettuccine with Salad	Beef Chow Mein with Noodles & Vegetables	Mexican Beef with Rice & Vegetables	Buddha Bowls
Afternoon Tea 	Cereal & Milk	Wheat Biscuit Slice with Custard	Yoghurt & Fruit Parfaits	Vegetable & Dried Fruit Platter, with Cheese & Pita Bread	Rice Cakes with Cheese & Spreads
Morning Tea 0-1yr 	Fruit Gel	Mashed Banana	Pureed Apple and Pear	Fruit Gel	Pureed Fruit
Lunch 0-1yr 	Pureed Vegetable & Rice	Pureed Vegetables & Lamb	Pureed Beef & Rice	Pureed Beef & Pasta	Pureed Vegetables & Potato
Afternoon Tea 0-1yr 	Baby Custard and Mashed Banana	Pureed Apple and Cinnamon	Fruit Gel	Baby Custard and Pureed Fruit	Fruit Gel
Late Afternoon Tea (After 5pm) 	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)	Arrowroot Biscuit & Milk (fruit if requested)

Children are offered milk at morning and afternoon tea.

All lunch meals are served with the children's drink bottles or the option of milk or water.

Children are reminded and encouraged to do swish and swallow.

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