



Cornubia Play & Learn

Weekly Menu

WEEK 1

| MEAL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---------------------------------|--|---|
| <u>MORNING TEA:</u> | FRUIT & VEGGIE PLATTER | VEGGIE STICKS, DIP, CHEESE & RICE CRACKERS | RAISIN TOAST | FRUIT & VEGGIE PLATTER | FRUIT & VEGGIE PLATTER |
| <u>LUNCH:</u> | CHEESY BEEF TACO PASTA | ASSORTED SANDWICHES | FISH, POTATO & MIXED VEGETABLES | CHICKEN AND VEGETABLE ROLL WITH GARLIC BREAD | STIR-FRY VEGETABLE NOODLES |
| <u>INGREDIENTS:</u> | PASTA, BEEF MINCE, TACO SEASONING, CAPSICUM, ONION & DICED TOMATOES | EGG & LETTUCE, TUNA AND MAYO, CHEESE & CUCUMBER, COLD MEAT & TOMATO, ASSORTED SPREADS | FISH, POTATO & MIXED VEGETABLES | CHICKEN MINCE, CARROT, ZUCCHINI, ONION, EGG, BREADCRUMBS, PUFF PASTRY & GARLIC BREAD | NOODLES, EGGS, ONION, MIXED VEGETABLES, CHICKEN STOCK & SOY SAUCE |
| BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/WATER | | | | | |
| <u>AFTERNOON TEA:</u> | SALADA CRACKERS & ASSORTED TOPPINGS | FRUIT & VEGGIE PLATTER | FRUIT & VEGGIE PLATTER | YOGURT & FRUIT | SAVOURY SCROLLS |
| WATER IS PROVIDED WITH AFTERNOON TEA | | | | | |
| <u>LATE AFTERNOON TEA:</u> | FRESH FRUIT PLATTERS WILL BE SERVED | | | | |

DUE TO UNFORESEEN CIRCUMSTANCES MENU CHANGES AS FOLLOWS:

| MEAL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------|--------|---------|-----------|----------|--------|
| | | | | | |

WEEK 2

| MEAL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|---|
| <u>MORNING TEA:</u> | FRUIT & VEGGIE PLATTER | FRUIT & VEGGIE PLATTER | YOGURT & FRUIT | FRUIT & VEGGIE PLATTER | CORN THINS WITH ASSORTED TOPPINGS |
| <u>LUNCH:</u> | PORK STRIPS & FRIED RICE | TUNA & ZUCCHINI SLICE & GARLIC BREAD | ASSORTED SANDWICHES | SPAGHETTI BOLOGNAISE | CHICKEN & BROCCOLI FINGERS WITH CARBONARRA PASTA |
| <u>INGREDIENTS:</u> | PORK STRIPS, RICE, MIXED VEGETABLES, EGGS, ONION, VEGETTA CHICKEN STOCK & SOY SAUCE | SPINACH, ONIION, TUNA, ZUCCHINI, CHEESE SR FLOUR, EGGS & GARLIC BREAD | EGG & LETTUCE, TUNA AND MAYO, CHEESE & CUCUMBER, COLD MEAT & TOMATO, ASSORTED SPREADS | BEEF MINCE, ONION, CARROT, ZUCCHINI, TOMATO SOUP & PASTA | BROCCOLI, EGG, CHICKEN MINCE, BREADCRUMBS, CHEESE, PASTA & CARBONARRA SAUCE |
| BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/WATER | | | | | |
| <u>AFTERNOON TEA:</u> | SULTANAS, CHEESE, CRACKERS & VEGGIE STICKS | SALADA CRACKERS & ASSORTED TOPPINGS | FRUIT & VEGGIE PLATTER | PUMPKIN SCONES | FRUIT & VEGGIE PLATTER |
| WATER IS PROVIDED WITH AFTERNOON TEA | | | | | |
| <u>LATE AFTERNOON TEA:</u> | FRESH FRUIT PLATTERS WILL BE SERVED | | | | |

DUE TO UNFORESEEN CIRCUMSTANCES MENU CHANGES AS FOLLOWS:

| MEAL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------|--------|---------|-----------|----------|--------|
| | | | | | |

**PLEASE NOTE: A VEGAN OR VEGETARIAN VARIATION OF THE ABOVE MEALS WILL BE MADE BY REQUEST WATER IS PROVIDED THROUGHOUT THE DAY
NEW RECIPES WILL BE TRIED AT TIMES AND MENU WILL BE ADJUSTED FOR PARENTS VIEWING**



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Weekly Menu

WEEK 3

| MEAL | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|---|--|
| MORNING TEA: | YOGURT & FRUIT | RAISIN TOAST | FRUIT & VEGGIE PLATTER | FRUIT & VEGGIE PLATTER | BANANA & OAT PANCAKES |
| LUNCH: | ASSORTED SANDWICHES | SPAGHETTI & MEATBALLS | HONEY SOY CHICKEN PIECES, MASHED POTATO, PEAS & CORN | SALMON RISSOLES & SALAD | BUSHMAN LAMB ROLLS |
| INGREDIENTS: | EGG & LETTUCE, TUNA AND MAYO, CHEESE & CUCUMBER, COLD MEAT & TOMATO, ASSORTED SPREADS | BEEF MINCE, CARROT ZUCCHINI, EGG, CHEESE, PASTA & TOMATO SOUP | CHICKEN, POTATO, PEAS, CORN, HONEY & SOY SAUCE | SALMON, POTATO, ONION, EGG, BREADCRUMBS, LETTUCE, CHEESE & TOMATO | LAMB MINCE, ONIONS, CARROTS, ZUCCHINIS, BEANS, CORN, MIXED HERBS, TOMATO PASTE, WORCESTERSHIRE SAUCE & BREAD ROLLS |
| BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/WATER | | | | | |
| AFTERNOON TEA: | FRUIT & VEGGIE PLATTER | FRUIT & VEGGIE PLATTER | SALADA CRACKERS & ASSORTED TOPPINGS | BLUEBERRY MUFFINS | FRUIT & VEGGIE PLATTER |
| WATER IS PROVIDED WITH AFTERNOON TEA | | | | | |
| LATE AFTERNOON TEA: | FRESH FRUIT PLATTERS WILL BE SERVED | | | | |

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WEEK 4

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|---|--|--|---|---|--|
| MORNING TEA: | FRUIT & VEGGIE PLATTER | FRUIT & VEGGIE PLATTER | VEGGIE STICKS, SULTANAS, CHEESE & CRACKERS | FRUIT & VEGGIE PLATTER | YOGURT & FRUIT |
| LUNCH: | CREAMY TUNA & RICE | CHICKEN & MUSHROOM STROGANOFF | VEGETABLE SLICE WITH GARLIC BREAD | ASSORTED SANDWICHES | SHEPHERDS PIE |
| INGREDIENTS: | TUNA, RICE, SR FLOUR, MILK, ONION & CORN | CHICKEN BREAST, ONION, MUSHROOMS, CORN, PASTA, STROGANOFF BASE & CREAM | EGGS, ZUCCHINI, CARROT, CORN, ONION, CHEESE, FLOUR & GARLIC BREAD | EGG AND LETTUCE, TUNA & MAYO, CHEESE & CUCUMBER, COLD MEAT & TOMATO, ASSORTED SPREADS | BEEF MINCE, MIXED VEGETABLES, POTATO, GRAVY & CHEESE |
| BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/WATER | | | | | |
| AFTERNOON TEA: | CORN THINS WITH ASSORTED TOPPINGS | SAVOURY SCONES | FRUIT & VEGGIE PLATTER | MUESLI SLICE WITH APPLE WEDGES | FRUIT & VEGGIE PLATTER |
| WATER IS PROVIDED WITH AFTERNOON TEA | | | | | |
| LATE AFTERNOON TEA: | FRESH FRUIT PLATTERS WILL BE SERVED | | | | |

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