



## 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>	BEEF MINCE, ONIONS, TACO SEASONING, DICED TOMATOES, WATER, MILK, PASTA, GRATED CHEESE	BREAD, EGG & LETTUCE, TUNA AND MAYONNAISE, CHEESE & CUCUMBER, COLD MEAT & TOMATO, VEGEMITE, HONEY, PEANUT BUTTER	FROZEN FISH PIECES, FROZEN MIXED VEGETABLES, DEB POTATO	CHICKEN MINCE, CARROT, ZUCCHINI, ONION, EGG, BREADCRUMBS, MINCED GARLIC, TOMATO & BBQ SAUCE, CREAMED CORN PUFF PASTRY & GARLIC BREAD	NOODLES, FROZEN MIXED VEGETABLES, EGGS, ONION, SOY SAUCE, CHICKEN STOCK/VEGETA
<b>BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/WATER</b>					
<u>AFTERNOON TEA:</u>	SALADA CRACKERS & ASSORTED TOPPINGS	FRUIT & VEGGIE PLATTER	FRUIT & VEGGIE PLATTER	YOGURT & FRUIT	SAVOURY SCROLLS
<b>WATER IS PROVIDED WITH AFTERNOON TEA</b>					
<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>	RICE, PORK SIZZLE STEAKS, ONION, FROZEN MIXED VEGETABLES, EGGS, SOY SAUCE, CHICKEN STOCK/VEGETA	SPINACH, ONION, TUNA, ZUCCHINI, SHREDDED CHEESE, SR FLOUR, EGGS, GARLIC BREAD	BREAD, EGG & LETTUCE, TUNA AND MAYONNAISE, CHEESE & CUCUMBER, COLD MEAT & TOMATO, VEGEMITE, HONEY, PEANUT BUTTER	BEEF MINCE, ONION, ZUCCHINI, CARROT, SPAGHETTI PASTA, TOMATO SOUP, WATER	BROCCOLI, EGG, CHICKEN MINCE, BREADCRUMBS, GRATED CHEESE, FETTUCCHINE PASTA & CARBONARRA SAUCE
<b>BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/WATER</b>					
<u>AFTERNOON TEA:</u>	SULTANAS, CHEESE, CRACKERS & VEGGIE STICKS	SALADA CRACKERS & ASSORTED TOPPINGS	FRUIT & VEGGIE PLATTER	PUMPKIN SCONES	FRUIT & VEGGIE PLATTER
<b>WATER IS PROVIDED WITH AFTERNOON TEA</b>					
<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
<u>MORNING TEA:</u>	YOGURT & FRUIT	RAISIN TOAST	FRUIT & VEGGIE PLATTER	FRUIT & VEGGIE PLATTER	VEGGIE STICKS, SULTANAS, CHEESE & CRACKERS
<u>LUNCH:</u>	ASSORTED SANDWICHES	SPAGHETTI & MEATBALLS	HONEY SOY CHICKEN PIECES, MASHED POTATO, PEAS & CORN	APRICOT CHICKEN MEATBALLS & RICE	BUSHMAN LAMB ROLLS
<u>INGREDIENTS:</u>	BREAD, EGG & LETTUCE, TUNA AND MAYONNAISE, CHEESE & CUCUMBER, COLD MEAT & TOMATO, VEGEMITE, HONEY, PEANUT BUTTER	BEEF MINCE, ZUCCHINI, CARROT, ONION, GRATED CHEESE, EGGS, SPAGHETTI PASTA, TOMATO SOUP, WATER	CHICKEN THIGH FILLETS, HONEY, SOY SAUCE, GARLIC, DEB POTATO, FROZEN MIXED VEGETABLES	CHICKEN MINCE, BREADCRUMBS, GREEN ONIONS, MOROCCAN SEASONING, EGGS, GARLIC, ONIONS, FRENCH ONION SOUP MIX, PLAIN FLOUR, APRICOT NECTAR, CHICKEN LIQUID STOCK, PARSLEY, RICE	ONIONS, CARROTS, ZUCCHINIS, CORN KERNELS, LAMB MINCE MIXED HERBS, TOMATO PASTE, WORCESTERSHIRE SAUCE, HOT DOG ROLLS
<b>BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/WATER</b>					
<u>AFTERNOON TEA:</u>	FRUIT & VEGGIE PLATTER	FRUIT & VEGGIE PLATTER	SALADA CRACKERS & ASSORTED TOPPINGS	BLUEBERRY MUFFIN SLICE	FRUIT & VEGGIE PLATTER
<b>WATER IS PROVIDED WITH AFTERNOON TEA</b>					
<u>LATE AFTERNOON TEA:</u>	FRESH FRUIT PLATTERS WILL BE SERVED				

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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY

#### WEEK 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MORNING TEA:</u>	FRUIT & VEGGIE PLATTER	FRUIT & VEGGIE PLATTER	VEGGIE STICKS, SULTANAS, CHEESE & CRACKERS	FRUIT & VEGGIE PLATTER	YOGURT & FRUIT
<u>LUNCH:</u>	CREAMY TUNA & RICE	CHICKEN & MUSHROOM STROGANOFF	VEGETABLE SLICE WITH GARLIC BREAD	ASSORTED SANDWICHES	SHEPHERDS PIE
<u>INGREDIENTS:</u>	MARGARINE, ONION, PLAIN FLOUR, MILK, TUNA, CORN KERNELS, RICE, SALT	CHICKEN BREAST, FETTUCINE PASTA, MUSHROOMS, ONIONS, SOUR CREAM STROGANOFF BASE MIXES, CORN KERNELS, MARGARINE	ONION, CARROT, ZUCCHINI, SHREDDED CHEESE, CORN KERNELS, DICED BACON, SR FLOUR, EGGS, VEGETABLE OIL, GARLIC BREAD	BREAD, EGG & LETTUCE, TUNA AND MAYONNAISE, CHEESE & CUCUMBER, COLD MEAT & TOMATO, VEGEMITE, HONEY, PEANUT BUTTER	BEEF MINCE, FROZEN MIXED VEGETABLES, GRAVY MIX, DEB POTATO, ONIONS, GRATED CHEESE, BOILING WATER
<b>BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/WATER</b>					
<u>AFTERNOON TEA:</u>	CORN THINS WITH ASSORTED TOPPINGS	SAVOURY SCONES	FRUIT & VEGGIE PLATTER	MUESLI SLICE WITH APPLE WEDGES	FRUIT & VEGGIE PLATTER
<b>WATER IS PROVIDED WITH AFTERNOON TEA</b>					
<u>LATE AFTERNOON TEA:</u>	FRESH FRUIT PLATTERS WILL BE SERVED				

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