

CORNUBIA PLAY AND LEARN

WEEKLY MENU

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MORNING TEAS:</u>	FRESH FRUIT AND VEGETABLE PLATTERS WILL BE SERVED DAILY/ WATER				
<u>LUNCH</u>	RAINBOW LAMB	STIR-FRY VEGETABLE NOODLES	CHICKEN AND CORN QUICHE	ASSORTED SANDWICHES WHOLEMEAL / MULTIGRAIN BREADS	FISH, POTATO AND PEAS AND CORN
<u>INGREDIENTS</u>	LAMB/BEEF MINCE, ONION AUCCHINI, CARROT PASSATA, CAPSICUM AND CHEESE	RICE NOODLES, EGGS, MIXED VEGETABLES, ONIONS, SOY SAUCE, CHICKEN STOCK	CHICKEN BREAST, CORN, EGGS, FLOUR, MILK, BUTTER AND CHEESE	ASSORTED SPREADS, EGG AND LETTUCE, TUNA AND MAYO, COLD MEATS / CHICKEN AND SALAD	FISH, POTATO AND PEAS AND CORN
	BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/ WATER				
<u>AFTERNOON TEA:</u>	CORN, CHEESE AND CHIVE MUFFIN	YOGHURT	VEGETABLE DIPS WITH VEGETABLE STICKS AND RICE CRACKERS	SULTANAS, CHEESE, CARROT STICKS AND RICE CRACKERS	CORN THINS WITH ASSORTED TOPPINGS
	WATER IS PROVIDED WITH AFTERNOON TEA				
<u>LATE AFTERNOON TEA:</u>	FRESH FRUIT PLATTERS WILL BE SERVED DAILY / WATER				
PLEASE NOTE: A VEGAN OR VEGETARIAN VARIATION OF THE ABOVE MEALS WILL BE MADE BY REQUEST.					
WATER IS PROVIDED THROUGHOUT THE DAY					

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<u>MORNING TEAS:</u>	FRESH FRUIT AND VEGETABLE PLATTERS WILL BE SERVED DAILY/ WATER				
<u>LUNCH</u>	SHEPHERDS PIE	ASSORTED SANDWICHES WHOLEMEAL BREAD	COLD MEAT AND SALAD	CHEESY TOMATO PASTA	SPAGHETTI AND MEAT BALLS
<u>INGREDIENTS</u>	BEEF MINCE, MIXED VEGETABLES, POTATO AND GRAVY	ASSORTED SPREADS, EGG AND LETTUCE, TUNA AND MAYO, COLD MEAT/CHICKEN AND SALAD	ASSORTED COLD MEATS, CHEESE, CARROTS, TOMATO, PINEAPPLE, CORN AND LETTUCE	PASTA, GREATED ZUCCHINI, CARROT AND CHEESE, DICED TOMATO, TOMATO SOUP AND MILK	BEEF MINCE, CARROT, ZUCCHINI, EGG, CHEESE, PASTA AND TOMATO SOUP
	BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/ WATER				
<u>AFTERNOON TEA:</u>	MUESLI SLICES	SALADA CRACKERS WITH ASSORTED TOPPINGS	CORN THINS WITH ASSORTED TOPPINGS	YOGHURT	SULTANAS, CHEESE, CARROTS AND CRACKERS
	WATER IS PROVIDED WITH AFTERNOON TEA				
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MORNING TEAS:	FRESH FRUIT AND VEGETABLE PLATTERS WILL BE SERVED DAILY/ WATER				
LUNCH	ASSORTED SANDWICHES WHOLEMEAL / MULTIGRAIN BREADS	CHINESE CHICKEN AND FRIED RICE	CHICKEN AND MUSHROOM STROGANOFF	VEGETABLE SLICE AND SALAD	COLD MEATS AND SALAD WRAPS
INGREDIENTS	ASSORTED SPREADS, EGG AND LETTUCE, TUNA AND MAYO, COLD MEAT AND SALAD	RICE, MIXED VEGETABLES, CHICKEN BREAST, EGGS, ONION, VEGETTA CHICKEN STOCK AND SOY SAUCE	CHICKEN BREASTS, ONIONS, MUSHROOMS, CORN, CREAM AND CHICKEN STOCK	EGGS, ZUCCHINI, CARROT, CORN, ONION, CHEESE AND FLOUR	COLD MEATS, CHICKEN, LETTUCE, TOMATO, CHEESE, CARROT, BEETROOT AND PINEAPPLE
	BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/ WATER				
AFTERNOON TEA:	SAVOURY SCONES	SULTANAS, CHEESE, CARROT AND RICE CRACKERS	BLUEBERRY MUFFINS	CORN THINS WITH ASSORTED TOPPING	YOGHURT
	WATER IS PROVIDED WITH AFTERNOON TEA				
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<u>LUNCH</u>	ZUCCHINI SLICE	SPAGHETTI BOLOGNESE	HONEY SOY CHICKEN BREAST PIECES WITH MASHED POTATO AND MIXED VEGETABLES	BEEF POTATO AND PUMPKIN BAKE	ASSORTED SANDWICHES WHOLEMEAL/MULTIGRAIN BREADS
<u>INGREDIENTS</u>	ZUCCHINI, CARROT, EGGS, MILK, BUTTER AND CHEESE	BEEF MINCE, ONIONS, GRATED CARROT AND ZUCCHINI, PASTA, TINED TOMATOES AND TOMATO SOUP	CHICKEN, POTATO AND MIXED VEGETABLES, HONEY AND SOY SAUCE	BEEF MINCE, ONION, POTATO, PUMPKIN, CARROT, CELERY, TOMATO PASTE	ASSORTED SPREADS EGG AND LETTUCE CREAM CHEESE AND CARROT CHEESE, CHICKEN AND MAYO, TUNA
	BEVERAGES: LIGHT MILK/WATER, UNDER 2 FULL CREAM MILK/ WATER				
<u>AFTERNOON TEA:</u>	VEGETABLE DIPS WITH VEGGIE STICKS AND RICE CRACKERS	BANANA BREAD	SULTANAS, CHEESE, CARROT AND RICE CRACKERS	SALADA CRACKERS WITH ASSORTED TOPPINGS	VEGETABLE PIKELETS
	WATER IS PROVIDED WITH AFTERNOON TEA				
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