

Karalee Play and Learn Week One Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit and Veggies	Fresh Fruit and Yoghurt	Fresh Fruit and Veggies	Fresh Fruit and Rice Cakes	Fresh Fruit and Veggies
Lunch	Assorted Sandwiches	Pasta Bolognaise	Tuna Pie with Potato and Pasta	Assorted Sandwiches	Mushroom and Chicken Risotto
Afternoon Tea	Apple and White Bean Muffin	French Onion dip with carrot and cucumber sticks	Sultana and corn flake cookies	Oat and Dark Choc chip muffins	Ham, Cheese and Vegemite Sandwiches

Drink- Milk is offered with both Morning Tea and Lunch, children have access to water thought the day and with Afternoon Tea.

Fresh Fruit- will be a combination of Apples, pears, bananas, watermelon and oranges. Seasonal Fruit will also be included.

Assorted Sandwiches will consist of Baked Beans, Vegemite, Honey, Ham and Cheese, egg and lettuce, tuna and mayo, salad, Turkey.

Karalee Play and Learn Week Two Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit and Yoghurt	Fresh Fruit and Veggies	Fresh Fruit and Veggies	Fresh Fruit and Veggies and Flat Bread	Fresh Fruit and English Muffins
Lunch	Yellow Chicken Curry with Rice	Assorted Sandwiches	Pork Stir-Fry with Rice	Beef San Choy Bow	Sausages, mashed potatoes and vegetables
Afternoon Tea	Carrot and Zucchini Muffins	Kidney bean chocolate cake with Oranges	Hummus Dip and crackers and veggie sticks	Yoghurt and Peaches	Oat and Banana Cookies

Drink- Milk is offered with both Morning Tea and Lunch, children have access to water thought the day and with Afternoon Tea.

Fresh Fruit- will be a combination of Apples, pears, bananas, watermelon and oranges. Seasonal Fruit will also be included.

Assorted Sandwiches will consist of Baked Beans, Vegemite, Honey, Ham and Cheese, egg and lettuce, tuna and mayo, salad, Turkey.

Karalee Play and Learn Week Three Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit and Yoghurt	Fresh Fruit and Veggies	Fresh Fruit and Rice Cakes	Fresh Fruit and Veggies	Fresh Fruit and Rice Cakes
Lunch	Pizza	Assorted Wraps	Meat and vegetable Loaf	Narcho's	Assorted Sandwiches
Afternoon Tea	Sultana Scones	Carrot Muffins	Veggie Platter with cubed Cheese and water cracker	Cruskits with ham and cheese	Rainbow Fruit and veggie with Cream Cheese

Drink- Milk is offered with both Morning Tea and Lunch, children have access to water thought the day and with Afternoon Tea.

Fresh Fruit- will be a combination of Apples, pears, bananas, watermelon and oranges. Seasonal Fruit will also be included.

Assorted Sandwiches will consist of Baked Beans, Vegemite, Honey, Ham and Cheese, egg and lettuce, tuna and mayo, salad, Turkey.

Karalee Play and Learn Week Four Menu



	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit and Yoghurt	Fresh Fruit and Veggies	Fresh Fruit and English Muffin	Fresh Fruit and Veggies with Cruskits	Fresh Fruit and Veggies
Lunch	Assorted Wraps	Chicken and Noodles Soup	Assorted Sandwiches	Shepherd's Pie	Pesto Chicken and Pasta
Afternoon Tea	Banana Bread	Garlic Bread and Veggies	Roast Beef and cheese on Turkish Bread	Apple Crumble and custard	Corn relish dip and water crackers

Drink- Milk is offered with both Morning Tea and Lunch, children have access to water thought the day and with Afternoon Tea.

Fresh Fruit- will be a combination of Apples, pears, bananas, watermelon and oranges. Seasonal Fruit will also be included.

Assorted Sandwiches will consist of Baked Beans, Vegemite, Honey, Ham and Cheese, egg and lettuce, tuna and mayo, salad, Turkey.