

# Centre Menu: Week One

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast
MORNING TEA	Fruit Platter with rice Crackers	Baked beans on Toast GF – GF Bread	Vegetable platter with rice crackers and cheese DF – DF Cheese	Raisin toast with vegetable and celery sticks GF -GF Raisin Toast	Wholemeal Crumpets with assorted spreads  GF – GF Crumpets
LUNCH	Thai Fish Cakes with Veggies V- Veggie Cake	Fried Rice with Tofu	Chicken Chow Mein with Mixed Vegetables V- Vegan Tofu Chow Mein	Beef Stroganoff with pasta V – Stroganoff	Rainbow Lamb  V – Vegan Vegetable
AFTERNOON TEA	Yoghurt with Cruskits and assorted spreads  DF - Yoghurt	Fruit with custard  V- Vegan Custard	Banana Pudding V - Vegan Banana Pudding	Corn, Cheese and Chive mini Muffins with fruit V - Vegan Muffins	Crunchy Baked Bananas DF - Yoghurt

*This menu has been designed Via Feed Australia, to meet the nutritional Guidelines (2015) for Children in Childcare Centers. If you would like further information regarding the menu, please see our Centre Cook.*

*Lunches are served with a cup of milk. Children have access to water throughout the day and with Morning and Afternoon Teas.*

*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, Tuna and Mayo, Salad, Turkey.*

GF= Gluten Free

DF= Dairy Free

Veg= Vegetarian

V= Vegan



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<b>BREAKFAST</b>	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast
<b>MORNING TEA</b>	Fruit platter with dried Apricots	Mixed Sandwiches GF – GF Bread	Dried Fruit Pikelets GF/DF- Vegan Pikelets	Fruit and Custard DF- Vegan Custard	Vegetable platter, rice crackers and cheese Df – No Cheese
<b>LUNCH</b>	Apricot Chicken with Beans and carrots Veg – Veg Apricot Mix	Minestrone Soup	Spaghetti Bolognese GF – GF pasta Veg – Veggie Bolognese Sauce	Asian Style Fish Veg – Asian Style Veg	Chicken and Mushroom Risotto Veg – Mushroom Risotto
<b>AFTERNOON TEA</b>	Vegetable platter with rice crackers and cheese DF – DF Cheese	Frozen Fruit Crush with Iron rich Muffins V- Vegan Muffins	Zucchini Slice GF/DF/EGG – Vegan zucchini slice	Vegie Wedges with Rice Crackers	Finger Sandwiches with fruit GF – GF Bread

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# Centre Menu: Week Three

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast
<b>MORNING TEA</b>	Baked Beans with Toast GF- GF Bread	Vegetable Fritters V- Vegetable Fritters	Banana Bread V – Banana Bread	Roasted Capsicum Dip with pitta Bread and Vegetable Sticks GF – GF wraps	Fruit Platter with rice Crackers
<b>LUNCH</b>	Pumpkin, Lentil and Noodle Soup	Tomato Glazed Meatloaf with Mash potato V- Lentil and Chickpea Loaf	Honey Soy Chicken Noodles V- Veg with rice noodles	Beef Taco Veg – Tofu Taco Mince	Thai Fish Cakes with Veggies V- Veggie Cake
<b>AFTERNOON TEA</b>	Fruit Platter	Apple Scrolls GF/DF- Apple Scroll	Cheesy Rolls with a vegetable platter GF/DF – Cheesy Rolls	Sultana Scones V- Scone	Yoghurt with Cruskits and assorted spreads. DF – DF Yoghurt

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# Centre Menu: Week Four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast	Weetbix with Fruit and Milk or Toast
<b>MORNING TEA</b>	Vegetable Fritters V – Vegetable fritters	Banana Bread V – Banana Bread	Roasted Capsicum Dip with pitta Bread and Vegetable Sticks GF – GF wraps	Fruit Platter with rice Crackers	Baked beans on Toast GF – GF Bread
<b>LUNCH</b>	Tomato Glazed Meatloaf with Mash potato V- Lentil and Chickpea Loaf	Honey Soy Chicken Noodles V- Veg with rice noodles	Beef Taco Veg – Tofu Taco Mince	Thai Fish Cakes with Veggies V- Veggie Cake	Fried Rice With Tofu
<b>AFTERNOON TEA</b>	Apple Scrolls GF/DF- Apple Scroll	Cheesy Rolls with a vegetable platter GF/DF – Cheesy Rolls	Sultana Scones V – Scone	Yoghurt with Cruskits and assorted spreads. DF – DF Yoghurt	Fruit with custard v- Vegan Custard

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