

Summer Menu – Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:45am – 7.30am	Toast: Wholemeal bread with Cheese, Jam or Vegemite Cereal: Weetbix, Rice Bubbles or Cornflakes with milk				
Morning tea 7:30am – 9.30am	Weetbix, Rice Bubbles or Cornflakes with milk	Wholemeal bread with Cheese, Jam or Vegemite	Weetbix, Rice Bubbles or Cornflakes with milk	Wholemeal bread with Cheese, Jam or Vegemite	Weetbix, Rice Bubbles or Cornflakes with milk
Lunch 11.00 Toddler Room	Cauliflower Mac & Cheese (Australian)	Home Made Chicken Sausage Rolls (Australian)	Curried Lamb and Rice (Indian)	Spaghetti Bolognese (Italian)	Chicken Schnitzel and garden salad (Around the World)
Ingredients	Cauliflower, thickened cream, shredded cheese, spiral pasta and corn	Mince chicken sautéed with onion, garlic, carrot, peas with puff pastry	Diced Lamb, carrot, onion, peas, potato, curry and coconut milk	Mincemeat, onion, carrot ,fresh tomato and spaghetti	Chicken breast, bread crumbs and herbs, lettuce, tomato and cucumber.
Afternoon Tea 2:15- 2:45pm	Assorted wholemeal sandwiches with fresh seasonal fruit	Sliced cucumber and carrot sticks served with avocado dip and cubed cheese and seasonal fresh fruit	Vegemite and cheese scrolls and seasonal fresh fruit	Crackers, Sultanas and cheese slices served with fresh apples, pears & strawberries	Vanilla Yoghurt served with bananas ,strawberries and apples
Late Snack 4:45pm	Fresh Fruit or Slice/Cubed Cheese and a cup of milk or water Alternative meals are prepared for any children that have dietary restrictions.				

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Breakfast 6:45am – 7.30am	Toast: Wholemeal bread with Cheese, Jam or Vegemite Cereal: Weetbix, Rice Bubbles or Cornflakes with milk				
Morning tea 7:30am – 9.30am	Weetbix, Rice Bubbles or Cornflakes with milk	Wholemeal bread with Cheese, Jam or Vegemite	Weetbix, Rice Bubbles or Cornflakes with milk	Wholemeal bread with Cheese, Jam or Vegemite	Weetbix, Rice Bubbles or Cornflakes with milk
Lunch 11.00 Toddler Room	Tuna Mornay (Australian)	Lamb Souvlaki (Greek)	Meatballs & Rice (Italian)	Roast Chicken Sandwiches (Around the World)	Beef Stir Fry and noodles (Asian)
Ingredients	Spiral Pasta, onion, corn, thickened cream and parmesan cheese	Diced Lamb, Wholemeal pita bread, sour cream, cucumber, lettuce , shredded cheese and tomato	Beef Mince, herbs, onion, red sauce, carrot and garlic	Shredded roast chicken, Wholemeal bread, sour , Mayo, cucumber, lettuce , shredded cheese and tomato	Beef strips, Asian Vegetables, soy sauce and noodles
Afternoon Tea 2:15- 2:45pm	Sweet Paprika Baked Pita Bread Chips served with apples, bananas and pears	Homemade Pancakes with assorted spread served with strawberries and apples.	Raspberry Muffins and milk served with apples, pears and oranges	Homemade Lemon Cake served with pears, apple and watermelon.	Rice Cakes with assorted spreads served with apples, pears, and bananas
Late Snack 4:45pm	Fresh Fruit or Slice/Cubed Cheese and a cup of milk or water Alternative meals are prepared for any children that have dietary restrictions.				

Summer Menu – Week Three

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:45am – 7.30am	Toast: Wholemeal bread with Cheese, Jam or Vegemite Cereal: Weetbix, Rice Bubbles or Cornflakes with milk				
Morning tea 7:30am – 9.30am	Weetbix, Rice Bubbles or Cornflakes with milk	Wholemeal bread with Cheese, Jam or Vegemite	Weetbix, Rice Bubbles or Cornflakes with milk	Wholemeal bread with Cheese, Jam or Vegemite	Weetbix, Rice Bubbles or Cornflakes with milk
Lunch 11.00 Toddler Room	Mini Quiche and mixed vegetables (Australian)	Roast Chicken & Potato Couscous (Middle East)	Assorted Wholemeal Sandwiches (Around the World)	Baked Rice (Maltese)	Home Made Chicken Nuggets served with Cucumber ,Shredded Carrot and Sour Cream
Ingredients	Egg, cream, carrot, mushrooms and spring onion	Chicken breast, potato, spring onion, mayo and couscous	Wholemeal bread, cheese, beef salami, Chicken slice, shredded carrot, butter and lettuce	Rice, mincemeat, red sauce, egg, parmesan cheese and peas	Diced Chicken, bread crumbs, carrot, cucumber and sour cream
Afternoon Tea 2:15- 2:45pm	Vanilla Custard served with strawberries and rock melon	Banana Cake with milk served with apples, pears and kiwi fruit	Raspberry Yoghurt Stack served with rockmelon and apples	Cheese slices, cucumber, sultanas and crackers.	Ricotta and spinach Pastizzi severed with watermelon
Late Snack 4:45pm	Fresh Fruit or Slice/Cubed Cheese and a cup of milk or water Alternative meals are prepared for any children that have dietary restrictions.				

Summer Menu – Week Four

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:45am – 7.30am	Toast: Wholemeal bread with Cheese, Jam or Vegemite Cereal: Weetbix, Rice Bubbles or Cornflakes with milk				
Morning tea 7:30am – 9.30am	Weetbix, Rice Bubbles or Cornflakes with milk	Wholemeal bread with Cheese, Jam or Vegemite	Weetbix, Rice Bubbles or Cornflakes with milk	Wholemeal bread with Cheese, Jam or Vegemite	Weetbix, Rice Bubbles or Cornflakes with milk
Lunch 11.00 Toddler Room	Beef Ravioli served with Napolitano sauce and garlic bread (Italian)	Baked fish in lemon served with cream sauce and burghul (Around the World)	Mexican Beef served with rice (Mexican)	Chicken Fettuccine (Italian)	Pasta Salad
Ingredients	Beef ravioli, herbs, onion, red sauce, carrot and onion	Basa fish fillets, butter , cream, mustard and spring onion	Beef Mincemeat, red kidney beans, tomatoes, onion, garlic and rice	Diced Chicken breast, onion, mushroom, thickened cream and fettuccine	Penne Pasta, red and green capsicum, spring onion, corn and mayo
Afternoon Tea 2:15- 2:45pm	Ricotta and spinach pin wheels served with watermelon and apples	Mediterranean platter with Deli meats, olives, cheese and avocado dip	Home Made Banana Biscuits served with milk, apples, sultanas, and pears	Homemade Vanilla Cake served with milk and rockmelon and apples	Home made raspberry yogurt icypoles
Late Snack 4:45pm	Fresh Fruit or Slice/Cubed Cheese and a cup of milk or water <i>Alternative meals are prepared for any children that have dietary restrictions.</i>				