

****Nb**** children who have Allergies, Food Intolerances or have special requests regarding their Cultural or Religious beliefs will be catered for to the best of the Centre's ability. Please notify staff of your families needs.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1					
<i>Morning Tea With Milk</i>	<i>Raisin toasts with apple wedges & bananas</i>	<i>Banana Bread</i>	<i>Fruit platter- apples, grapes, rock melon, oranges, water melon with yoghurt</i>	<i>Oaty Banana Bites Grapes, rock melon</i>	<i>Fruit platter- apples, grapes, rock melon, oranges, water melon with yoghurt</i>
<i>Lunch with Water and Green Apple Infants/mashed fresh veggies- creamed corn potato/pumpkin/ Zucchini/sweet potato</i>	<i>Chicken Noodle Stir-Fry</i>	<i>Baked Beans & Potato Pie Corn on cobs</i>	<i>Assorted sandwiches with chicken/avocado/cheese, ham/tomato/cheese, spaghetti, egg</i>	<i>Spaghetti Bolognese</i>	<i>Frittata Fingers</i>
<i>Afternoon Tea with milk or Water</i>	<i>Fruit Platters & Yoghurt</i>	<i>Apple & Oat Pikelets</i>	<i>Weetbix & Date Loaf Cheese cubes Banana</i>	<i>Mini Carrot Cakes Cheese cubes Rock melon</i>	<i>Banana & Pumpkin Muffins Cheese cubes Grapes</i>
<i>Late Afternoon Tea with Water</i>	<i>Plain crackers, cheese & water melon wedges</i>	<i>Seaweed Rice crackers & Grapes</i>	<i>Jatz biscuits with vegemite, cheese & oranges</i>	<i>Cheese Rice crackers, cheese & orange/mandarin wedges</i>	<i>Rice cakes with vegemite/jam & Nashi Pears</i>

Parents are encouraged to provide a copy of a nutritional meal for the centre to cook. We encourage and appreciate your input...