

****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 2					
<i>Morning Tea With Milk</i>	<i>Wholemeal Crumpets with vegemite/jam Apples/Bananas</i>	<i>English Muffins with cream cheese/jam Rock melon</i>	<i>Fruit platter- apples, grapes, rock melon, oranges, water melon with yoghurt</i>	<i>Fruit & Vegetable Platters</i>	<i>Fruit Skewers & Yoghurt</i>
<i>Lunch with Water and Green Apple Infants/mashed fresh veggies- creamed corn potato/pumpkin/ Zucchini/sweet potato</i>	<i>Rainbow Lamb</i>	<i>Fried Rice Marinated Chicken Wings</i>	<i>Sushi Sandwiches</i>	<i>Tuna & Veggie Bake</i>	<i>Chow Mein</i>
<i>Afternoon Tea with milk or Water</i>	<i>Fruit Platters & Yoghurt</i>	<i>Fruit & Vegetable Platter</i>	<i>Muesli Fruit Balls Cheese, sultanas, apples</i>	<i>Date Scones Cheese, dried apricots, rock melon</i>	<i>Fruity Elf Rolls Cheese Bananas</i>
<i>Late Afternoon Tea with Water</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>	<i>Plain crackers, cheese & water melon wedges</i>

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