



WEEKLY MENU for the week: Monday 15th October to Friday 19th October 2012

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
BREAKFAST SNACK 8 to 8:30 am (ON REQUEST)	TOAST & MILK	TOAST & MILK	TOAST & MILK	TOAST & MILK	TOAST & MILK
MORNING TEA Served with milk	FRESH FRUIT & CHEESE PLATTER	FRESH FRUIT & CHEESE PLATTER	FRESH FRUIT & CHEESE PLATTER	FRESH FRUIT & CHEESE PLATTER	FRESH FRUIT & CHEESE PLATTER
LUNCH Served with milk or water Wholemeal bread & butter triangles	INDONESIAN NASI GORENG FRIED RICE	YIROS STYLE CHICKEN WRAPS with LETTUCE, TOMATOES & CARROTS	PUMPKIN SOUP with RICE	SPAGHETTI with MEATBALLS & SALAD CUTS	TUNA MORNAY, MASHED POTATO & CARROTS & CORN
AFTERNOON TEA Served with milk	CORNFLAKE COOKIES & FRESH FRUIT CUTS	YOGHURT & FRUIT KEBABS	MINI PIZZAS & FRESH FRUIT CUTS	DIP with MIXED VEGETABLES & FRESH FRUIT CUTS	JELLY & FRUIT SMOOTHIES & FRESH FRUIT CUTS
LATE SNACK Served with water	BREADS/CRACKERS	BREADS/ CRACKERS	BREADS/CRACKERS	BREADS/CRACKERS	BREADS/CRACKERS

Under 2's Section : All meals are served with steamed vegetables

Babies : **Pureed vegetables and pureed fruits provided for babies**

Older Toddlers: Sipper Cups provided for older toddlers eventually moving onto cups without lids

**WATER IS OFFERED TO ALL CHILDREN REGULARLY THROUGHOUT EACH DAY
MILK IS OFFERED AT LEAST TWICE A DAY AT MEAL TIMES (ONCE IN THE MORNING & ONCE IN THE AFTERNOON)**