



WEEKLY MENU for the week: Monday 29th October to Friday 2nd November 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	VEGETABLE CROQUETTES with MIXED VEGETABLES	HOME MADE PIZZA with SALAD CUTS	BEEF STIR FRY with HOKKIEN NOODLES & MIXED VEGETABLES	BUTTER CHICKEN with RICE, MIXED VEGETABLES & PAPPADAMS	CHICKEN MUSHROOM RISOTTO
AFTERNOON TEA Served with milk	YOGHURT & FRESH FRUIT CUTS	ICECREAM &/or SOYA CONES & FRESH FRUIT CUTS	DIP with CRACKERS & WATERMELON WEDGES	YOGHURT & FRESH FRUIT CUTS	SAO BISCUITS with CHEESE & VEGEMITE & 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 Mashed fruits & vegetables for younger toddlers Chunky fruits & vegetables for older toddlers

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)