



# Winter Menu

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Served with Milk or Water	Greek Yoghurt with Raspberries and Cheerios	Raisin Toast with Milk	Cheese and Bean Wholemeal Quesadillas	Wholemeal Vegemite Toast	Cheese, Crackers and Apple
Lunch Served with Water	Pumpkin Soup with Wholemeal Bread	Green Chicken Curry with Rice	Italian Beef and Vegetable Pasta	Macaroni Beef and Cheese	Beef Chow Mein
Second Course	Seasonal Fruit Platters				
Afternoon Tea Served with Water	Cheese, Rice Crackers and Sultanas	Creamy Tomato Hummus Dip with Wholemeal Rice Crackers and Cheese	Rice Cakes with Vegemite or Honey served with Milk	Anzac Biscuits with Vanilla Yoghurt	Rice Bubble and Date Cups served with Milk
Late Afternoon Tea Served with Water	Choice of Wholegrain Crackers or Fruit				