



Winter Menu

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Served with Milk or Water	Raisin Toast	Cheese, Rice Crackers and Fruit	Passionfruit Greek Yoghurt with Oat Crunch	Cheese, Bean and Wholemeal Quesadilla's	Wholemeal Toast with Vegemite or Nuttalex And Milk
Lunch Served with Water	Beef Tacos	Beef and Vegetable Barley Stew with Scones	Vegetable Dahl with Rice and Pappadums	Chicken Tikka Curry with Rice	Beef and Vegetable Bolognese with Shredded Cheese
Second Course	Seasonal Fruit Platters				
Afternoon Tea Served with Water	Rock Cakes with Vanilla Yoghurt	Vegemite and Honey Rice Cakes served with Milk	Sayos with Cheese, Vegemite or Honey and Sultanas	Blueberry, Oat and Coconut Muffins served with Milk	Sweet Potato Dip with Crackers/Pita Bread and Dried Apricots
Late Afternoon Tea Served with Water	Choice of Wholegrain Crackers or Fruit				