



# Winter Menu

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Served with Milk or Water	Banana Smoothie with Milk Arrowroot Biscuits	Wholemeal Toast With Milk	Raisin Toast	Passionfruit Yoghurt with Oat Crunch	Pumpkin and Date Scones served with Milk
Lunch Served with Water	Tuna and Corn Pie with Wholemeal Bread	Sausage and Vegetables with Rice	Chicken, Tomato and Spinach Penne Pasta	Thai Red Beef and Vegetable Curry with Rice	Minestrone Soup
Second Course	Seasonal Fruit Platters				
Afternoon Tea Served with Water	Middle Eastern Carrot Dip with Rice Cakes and Sultanas	Cheese, Rice Crackers and Cheerios	Wholemeal Carrot Muffins with Milk	French Onion Dip with Carrot Sticks and Crackers	Rice Cakes with Vegemite and Cheese
Late Afternoon Tea Served with Water	Choice of Wholegrain Crackers or Fruit				