



# Winter Menu

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Served with Milk or Water	Passionfruit Greek Yoghurt with Cheerios	Cheese, Crackers and Fruit	Wholemeal Toast with Vegemite	Mixed Berries with Greek Yoghurt and Oat Crunch	Raisin Toast
Lunch Served with Water	Massaman Beef and Vegetable Curry with Rice	Thai Veggie Soup with Wholemeal Bread	Mexican Beef and Beans with Corn Chips and Cheese	Beef and Vegetable Lasagne	Chicken and Vegetable Soup
Second Course	Seasonal Fruit Platters				
Afternoon Tea Served with Water	Cheese and Vegemite Wraps with Dried Apricots	Zucchini Slice or other Slice served with Milk	French Onion Dip with Carrot Sticks and Crackers	Rice Cakes with Vegemite or Honey	Cheese, Sultanas, Dates and Rice Crackers
Late Afternoon Tea Served with Water	Choice of Wholegrain Crackers or Fruit				