

# Winter Menu- Week One

| Week One  | Monday   | Tuesday  | Wednesday  | Thursday   | Friday   |
|---|--|--|--|--|--|
| <b>Morning Tea</b><br>Served with Milk or Water   | <b>Bean &amp; Cheese Quesadillas</b><br><br>Ingredients: Beans, Cheese, and wholemeal wraps  | <b>Cheese, Apple slices &amp; Crackers</b><br><br>Ingredients: Cheese, Seasonal Fruits & Crackers                          | <b>Greek Yogurt with Passionfruit and Oat Crunch</b><br><br>Ingredients: Oat crunch, Coconut, brown sugar & Coconut oil              | <b>Vegemite Corn Cakes with Seasonal Fruit &amp; Milk</b>  | <b>Wholemeal Vegemite Toast with Seasonal Fruit &amp; Milk</b>   |
| <b>First Course</b><br>Water Served               | <b>Pumpkin soup with Wholemeal Bread</b><br><br>Ingredients: Pumpkin, Onion, Potato, chicken stock and wholemeal bread   | <b>Apricot Chicken &amp; Rice</b><br><br>Ingredients: Chicken, Onion, Spice, Sweet potato, Zucchini, Apricot nectar & Rice | <b>Beef Chow Mein</b><br><br>Ingredients: Beef mince, onion, Garlic, Cabbage, Carrots, Zucchini, Noodles, Curry Powder & Oyster Soya | <b>Macaroni Beef</b><br><br>Ingredients: Beef Mince, Onion, Garlic, Zucchini, Cauliflower, Coconut Milk, Tomato & Cheese   | <b>Massaman Beef Curry with Brown Rice</b><br><br>Ingredients: Beef Mince, Brown Rice & Massaman Paste           |
| <b>Afternoon Tea</b><br>Served with Water or Milk | <b>Cheese, Sultanas &amp; Crackers with a Vegetable &amp; Fruit Platter with Crackers</b><br><br>Ingredients: Cheese, Carrots, Cucumber, Tomatoes and Sultanas | <b>Wholemeal Vegemite Sandwiches &amp; Milk</b><br><br>Ingredients: Wholemeal bread, Vegemite and Milk                     | <b>Wholemeal Oat Biscuits</b><br><br>Ingredients: Weetabix, oats, wholemeal flour, golden syrup, apricots & Margarine                | <b>Wholemeal Sandwiches with Carrot &amp; Cheese or Honey</b><br><br>Ingredients: Wholemeal Bread, Carrots, Cheese & Honey | <b>Rice cakes with Vegemite /Honey &amp; sultanas</b><br><br>Ingredients: Rice cakes, vegemite, honey & sultanas |
| <b>Late Afternoon Tea</b><br>Water Served         | <b>Choice of Wholegrain Crackers or Fresh Fruit</b>  |  |  |  |  |

**Dairy free, gluten free, egg free & vegetarian options** are available to suit all allergy and dietary requirements whilst keeping the meals as similar as possible to the original recipe. Please let us know if your child has any allergies or dietary requirements so we can cater for these.