

Winter Menu- Week Two

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Served with Milk or Water	Wholemeal Vegemite Toast with Seasonal Fruit and Milk	Bean & Cheese Quesadillas Ingredients: Beans, Cheese, and wholemeal wraps	Raisin Toast with Seasonal Fruit and Milk	Greek Yogurt with Passionfruit and Oat Crunch Ingredients: Oat crunch, Coconut, brown sugar & Coconut oil	Cheese & Fruit platter with Crackers Ingredients: Cheese, Seasonal Fruits and crackers
First Course Water Served	Beef, Vegetable & Lentil Bolognese Ingredients: Mince, Lentils, Spices, Tomato, Celery, Zucchini & Onions, Pumpkin, Pasta Sauce, Pasta & Cheese	Savoury Mince & Vegetables with Wholemeal Toast Ingredients: Mince, Spices, Potato, Carrots, Peas, Corn & Beef Stock	Beef Pasta Bake Ingredients: Mince, Tomato, Peas, Corn, Pumpkin, Cheese & Pasta.	Butter Chicken with Brown Rice Ingredients: Chicken, Sweet Potato, Cauliflower & Peas, Zucchini, Onions, Garlic, Tomato, Coconut milk, Spices.	Vegetable Soup with Parsley Scones Ingredients: Carrots, Potatoes, Sweet Potato & Thyme, Vegetable Stock, Coconut Milk, Flour, Rice Milk.
Afternoon Tea Served with Water or Milk	Wholemeal Rock Cake with Custard & Seasonal Fruit Ingredients: Flour, Dates, Rice Milk, Custard & Seasonal Fruit.	Zucchini Cocoa Slice with Seasonal Fruit and Milk Ingredients: Zucchini, flour, cocoa, Coconut, Wheetbix, Oil, Brown Sugar.	French Onion Dip & Crackers with a Vegetable and Seasonal Fruit Platter Ingredients: French Onion Soup, Cream Cheese, Seasonal Vegetables and Fruit.	Vegemite and Cream Cheese Sao's with Seasonal Fruit and Milk Ingredients: Sao biscuits, Vegemite, Cream Cheese, Milk and Seasonal Fruit	Carrot Muffins with Seasonal Fruit & Milk Ingredients: Flour, Carrots, Sultanas, Cinnamon, Raw Sugar and Oil
Late Afternoon Tea Water Served	Choice of Wholegrain Crackers or Fresh Fruit				

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.