

# Winter Menu- Week Three

Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b> Served with Milk or Water	<b>Greek Yogurt with Raspberries and Oat Crunch</b>  Ingredients: Oat crunch, Coconut, Raspberries, brown sugar, Maple Syrup & Coconut oil	<b>Raisin Toast &amp; Seasonal Fruit Platter</b>  Ingredients: Raisin Bread & Seasonal Fruit	<b>Greek Yogurt with Passionfruit and Oat Crunch</b>  Ingredients: Oat crunch, Coconut, Passionfruit, brown sugar, Maple Syrup & Coconut oil	<b>Vegemite Wholemeal Toast &amp; Seasonal Fruit Platter</b>  Ingredients: Wholemeal Bread, Vegemite & Seasonal Fruit	<b>Pumpkin Scones with Milk</b>  Ingredients: Flour, Pumpkin, Rice Milk & Margarine
<b>First Course</b> Water Served	<b>Tuna Pie with Wholemeal Bread</b>  Ingredients: Eggs, Tuna, Milk, Cheese & Corn	<b>Mexican Beef &amp; Beans</b>  Ingredients: Beef, Onions, Spices, Tomato, Kidney Beans, Celery, Zucchini & Pumpkin	<b>Chicken Tomato, Spinach Penne</b>  Ingredients: Chicken, Sundried Tomato, Lite Cream, Spinach, Cauliflower, Penne Pasta	<b>Beef &amp; Vegetable Lasagne</b>  Ingredients: Mince, Spices, Onion, Tomato, Pumpkin, Spinach, Green Beans, Carrots, Cheese, Pasta Sheets, Milk, Flour & Margarine	<b>Korean Beef on Noodles</b>  Ingredients: Mince, Garlic, Ginger, Boc Choy, Broccoli, Carrots, Soya & Noodles
<b>Afternoon Tea</b> Served with Water or Milk	<b>Vegemite Corn Cakes with Seasonal Fruit and Sultanas</b>	<b>Wholemeal Date Scones with Seasonal Fruit and Milk</b>  Ingredients: Seasonal Fruit, Milk, Flour, Dates, Margarine & Rice Milk.	<b>Vegemite and Cream Cheese Sao's with Seasonal Fruit and Milk</b>  Ingredients: Sao biscuits, Vegemite, Cream Cheese, Milk and Seasonal Fruit	<b>Wholemeal Blueberry Muffins with Seasonal Fruit &amp; Milk</b>  Ingredients: Flour, Apple, Blueberries & Oil	<b>Cheese, Crackers, Sultanas with Carrot Dip &amp; Seasonal Muffins</b>  Ingredients: Carrot, Moroccan Spice, Lemon & Garlic
<b>Late Afternoon Tea</b> 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.