

Winter Menu- Week Four

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Served with Milk or Water	Greek Yogurt with Passionfruit and Oat Crunch Ingredients: Oat crunch, Coconut, Passionfruit, brown sugar, Maple Syrup & Coconut oil	Vegemite Wholemeal Toast & Seasonal Fruit Platter Ingredients: Wholemeal Bread, Vegemite & Seasonal Fruit	Cheese & Crackers with Seasonal Fruit Platter Ingredients: Cheese, Crackers & Seasonal Fruit	Wholemeal Sultana & Honey Scones with Milk Ingredients: Wholemeal Flour, Honey, Sultanas & Milk	Raisin Toast with Seasonal Fruit & Milk Ingredients: Raisin Bread, Milk, & Seasonal Fruit
First Course Water Served	Beef Taco's Ingredients: Mince, Black Beans, Mexican Spice, Tomato, Onion, Zucchini, Celery, Pumpkin, Corn Shells, Carrots, Cheese & lettuce	Italian Beef & Pasta Ingredients: Beef, Onion, Spices, Tomato, Carrot, Green Beans, Pumpkin & Fettuccini Pasta	Dahl Rice with Pappadam's Ingredients: Red Lentils, Onions, Garlic, Spinach, Sweet Potato Vegetable Stock & Coconut Milk	Ham & Vegetable Pie with Flat Bread Ingredients: Eggs, Ham, Corn, Zucchini, Cauliflower, Cheese & Milk	Sausages with Vegetables & Barley Ingredients: Sausages, Onions, Corn, Peas, Carrots, Sweet Potatoes, Potatoes & Barley
Afternoon Tea Served with Water or Milk	Assorted Wholemeal Sandwiches with Seasonal Fruit	Cheese & Crackers with Seasonal Fruit & Vegetable Platter Ingredients: Seasonal Fruits & Vegetables, Cheese & Crackers	Assorted Wholemeal Sandwiches with Seasonal Fruit	French Onion Dip & Crackers with Seasonal Fruit & Vegetable Platter Ingredients: Cream Cheese, French Onion Soup, Seasonal Fruits & Vegetables	Wholemeal Rock Cakes with Custard Ingredients: Flour, Cinnamon, Dates, Rice Milk, Margarine, Brown Sugar
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.