

# SPRING MENU 2010

## WEEK 1 : 6/9/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LUNCH	Apricot Chicken & Rice and vegies	Vegetarian Penne pasta	Beef stew with carrots and peas	Chilean mince & Coleslaw salad	Fish fingers & spring rolls with potato salad or rice
AFTERNOON TEA	Wholemeal Lebanese bread with various fillings	Sandwiches with variety of spread & sultana's	Piklets with various spreads	Fruit bread Carrots, celery & cucumber sticks with dip	Sao with tasty cheese & spreads
LATE AFTERNOON TEA	Dried Fruits	Carrot, cucumber with dip	Rice cakes with various spreads	sandwiches with variety of spreads	Fruit cake made by children

NOTES: Spreads used include butter, vegemite, honey, cheese spread, cheese singles, and hommus

All meals served with water & milk (full cream or soy)

Breads used daily are a variety of white, wholemeal & multi-grain

Children have their yogurt after lunch

Pre-School children have a piece of apple at the end of lunch after their yogurt

Children in 0-2's room have purred vegetables daily – broccoli, potato, pumpkin, carrot, cauliflower

PARENT SUGGESTION :

CHILDREN SUGGESTIONS:

# SPRING MENU 2010

## WEEK 12: 22/11/10

LUNCH	<b>Spiral pasta with ham &amp; cheese</b>  <b>Garden salad</b>	<b>Pastichio</b>  & <b>Cucumber and carrots</b>	<b>Zuchinni pasta dish</b>	<b>Brazed beef with mushrooms and peas &amp; Noodles</b>	<b>Chicken Curry with rice</b>
AFTERNOON TEA	Sandwiches with variety of spread	Sao with tasty cheese & spreads	Wholemeal Lebanese bread with various fillings	Fruit bread Carrots, celery & cucumber sticks with dip	<b>Rice cakes with various spreads</b>
<b>LATE AFTERNOON TEA</b>	<b>Dried Fruits &amp; sandwiches with variety of spreads</b>	<b>Carrot, cucumber with dip</b>	<b>Sandwiches</b>	<b>Dried Fruits &amp; sandwiches with variety of spreads</b>	<b>Sandwiches with variety of spread &amp; sultana's</b>

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