



# WEEKLY MENU

Week commencing 2nd March 2015

	MON	TUE	WED	THU	FRI
MORNING TEA	One serve of fruit/ vegetable with one serve of bread/cereal based food	One serve of fruit/ vegetable with one serve of bread/cereal based food	One serve of fruit/ vegetable with one serve of bread/cereal based food	One serve of fruit/ vegetable with one serve of bread/cereal based food	One serve of fruit/ vegetable with one serve of bread/cereal based food
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH	Wraps with ham, cheese and beetroot	Bacon, sundried tomato and basil pasta	San Choy Bow with Vermeccelli noodles and shredded lettuce	Country chicken and herb casserole with garlic bread	Curried prawns, Stir fry Vegetables and rice.
	Water	Water	Water	Water	Water
AFTERNOON TEA	One serve of fruit/ vegetable with one serve of bread/cereal based food	One serve of fruit/ vegetable with one serve of bread/cereal based food	One serve of fruit/ vegetable with one serve of bread/cereal based food	One serve of fruit/ vegetable with one serve of bread/cereal based food	One serve of fruit/ vegetable with one serve of bread/cereal based food
	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
ALTERNATE MEAL	Wraps with cheese, beetroot and tofu	Kidney bean, sundried tomato and basil pasta	Vegetarian San Coy bow.	Winter vegetable and herb casserole with garlic bread	Curried stirfry vegetable and tofu with steamed rice.
	Water	Water	Water	Water	Water

Access to food between meal times is available to all children upon request. Alternate meals are provided to children with allergies or religious concerns. Water is available to children at all times. Menu may change/vary depending on availability of ingredients.