

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Variety of Cereals and Toast with assorted spreads				
MORNING TEA	Rice cakes with jam and vegemite	Toasted English muffins with cheese & tomato Garlic, herb & cheese	Seasonal fresh fruit salad and vanilla yoghurt	Crispbreads with vegemite and cream cheese	Toasted raisin bread with sliced bananas
LUNCH	Cheesy tuna and corn pastry parcels <small>*Vegetarian option available</small>	Beef & mushroom stroganoff with steamed green vegetables and rice <small>*Vegetarian option available</small>	Selection of fresh sandwiches with assorted fillings <small>*Vegetarian option available</small>	Chicken, herb & feta cous cous salad served with yoghurt dressing and flat breads <small>*Vegetarian option available</small>	Roasted pumpkin, spinach & lentil lasagne <small>*Vegetarian option available</small>
AFTERNOON TEA	Seasonal fresh fruit platter	Raspberry & coconut slice with melons	Dried fruits, vegetable sticks, crackers and dip	Yazdi cupcakes with apple and bananas	Seasonal fresh fruit platter
LATE SNACK	Variety of rice cakes, fresh fruit, fried fruit, vegetable sticks, crackers, cheese, dip, fruit toast, sandwiches and baked goods				

NB: Locally sourced seasonal Fruit may include: Apples, Oranges, Mandarins, Mango, Strawberries, Pineapple, Rockmelon, Watermelon, Banana, Honeydew, Kiwi Fruit, Lychees and Grapes.

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Variety of Cereals and Toast with assorted spreads				
MORNING TEA	Crispbreads with vegemite and cream cheese	Seasonal fresh fruit salad and vanilla yoghurt	Cheese and Ham toasties	Wholemeal sultana, oat and carrot muffins with sliced apples	Rice cakes with Jam and Vegemite
LUNCH	Mexican rice with corn & mixed beans, served with sour cream *Vegetarian option available	Homemade herb crumbed fish fillets with roasted sweet potato and a garden salad *Vegetarian option available	Honey soy stir-fry beef with noodles *Vegetarian option available	Warm potato & bacon salad with creamy seeded mustard dressing *Vegetarian option available	Creamy chicken, mushroom & spinach fusilli pasta *Vegetarian option available
AFTERNOON TEA	Choc-coconut slice with apple and pear slices	Cracker squares with jam and vegemite	Miss Anne's Pineapple Pie	Seasonal fresh fruit platter with rice crackers	Anti-pasto platter
ASC AFTERNOON TEA LATE SNACK	Variety of arrowroot biscuits, dried and fresh fruit, vegetable sticks, cruskits, cheese, dips, fruit toast, rice cakes, sandwiches and baked goods				



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LEAD CHILDCARE MANGO HILL

Summer Menu

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Variety of Cereals and Toast with assorted spreads				
MORNING TEA	Dried fruits, cheese sliced apples & rice crackers	Rice cakes with vegemite or cream cheese and a two fruit platter	Seasonal fresh fruit platter	Toasted English muffins with cheese, tomato and ham	Blueberry muffins with sliced bananas
LUNCH	Selected of freshly made sandwiches with assorted fillings <small>*Vegetarian option available</small>	Chicken vermicelli with garlic, ginger and soy <small>*Vegetarian option available</small>	Spiced tomato, sweet potato & chickpea curry <small>*Vegetarian option available</small>	Tropical tuna & pineapple pasta salad <small>*Vegetarian option available</small>	South African sweet & spicy beef curry with rice <small>*Vegetarian option available</small>
AFTERNOON TEA	Creamy yoghurt & berry summer ambrosia with bananas and melons	Sticky date pudding with butterscotch sauce	Crispbreads with jam and vegemite	Apple cinnamon pastry scrolls with sultanas	Seasonal fresh fruit platter with cracker's
LATE SNACK	Variety of arrowroot biscuits, dried and fresh fruit, vegetable sticks, cruskits, cheese, dips, fruit toast, rice cakes, sandwiches and baked goods				



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LEAD CHILDCARE MANGO HILL

Summer Menu

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Variety of Cereals and Toast with assorted spreads				
MORNING TEA	Toasted raisin bread with a two fruit platter	Seasonal fresh fruit platter	Scones with Jam or Lemon curd	Seasonal fresh fruit platter	Crispbreads with Cream cheese or vegemite and sliced apples
LUNCH	Miss Leila's Chickpea and Chicken Pilaf <small>*Vegetarian option available</small>	Zucchini and Tomato fettucine with herbed parmesan and tasty cheese <small>*Vegetarian option available</small>	Coconut curry fish with capsicum and carrot served with steamed rice <small>*Vegetarian option available</small>	Mexican beef and bean macaroni pasta bake <small>*Vegetarian option available</small>	Loaded wedges with cheese, bacon, sour cream and tomato corn salsa <small>*Vegetarian option available</small>
AFTERNOON TEA	Mushroom and parmesan eggless quiche	Cracker squares with jam and vegemite	Seasonal fresh fruit platter with crackers	Toasted pita breads with dip, vegetable sticks and sultanas	Choc-berry muffins with sliced bananas



LATE SNACK

Variety of arrowroot biscuits, dried and fresh fruit, vegetable sticks, crisps, bread, rolls, fruit cake, biscuits, and homemade baked goods

LEAD CHILDCARE MANGO HILL

Summer Menu

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WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Variety of Cereals and Toast with assorted spreads				
MORNING TEA	Seasonal fresh fruit platter	Dried fruits, cheese, sliced apples and sultanas	Seasonal fresh fruit platter and rice crackers	Toasted raisin bread and sliced apples	Miss Lisa's Buttered choc-banana bread
LUNCH	Savoury beef mince with chunky vegetables and steamed rice <small>*Vegetarian option available</small>	Summer sausage sizzle with buttered bread and Greek side salad <small>*Vegetarian option available</small>	Chicken and rainbow vegetable chow mein noodles <small>*Vegetarian option available</small>	Mexican bean and lentil nachos with sour cream and cheese <small>*Vegetarian option available</small>	Tuscan baked fish fillets with semi-dried tomatoes and spinach with steamed rice <small>*Vegetarian option available</small>
AFTERNOON TEA	Cheesy vegemite pastry scrolls with watermelon	Seasonal fresh fruit platter	Apple crumble cake with custard	Cracker squares with jam and vegemite	Seasonal fresh fruit platter and crackers



LATE SNACK

Variety of arrowroot biscuits, dried and fresh fruit, vegetable sticks, fruit tins, grapes, cups, fruit salad, rice cakes, sandwiches and baked goods

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Summer Menu

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