

CENTRE MENU –SUMMER



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:30am – 7:15am	Cereals on Offer: Weet-Bix, Corn Flakes served with milk (Lactose Free and soy milk available upon request). Toast on Offer: Vegemite and Jam Milk and Water are offered throughout the day.				
Morning Tea	Fresh Fruit Platter & Milk	Two Fresh Fruits & Yoghurt	Fresh Fruit Platter & Milk	Crackers, Vege Sticks and Cheese	Raisin Toast & Milk
Lunch	Sandwiches and Wraps	Vegetarian Spaghetti Bolognese	Coconut Fish Curry & Rice	Bacon Carbonara	Apricot Chicken & Rice
Vegetarian Option	Sandwiches and Wraps	Spaghetti Bolognese	Coconut Chickpea Curry & Rice	Vegetarian Carbonara	Apricot Lentil Curry & Rice
Afternoon Tea	Cruskits with Vegemite and Jam	Strawberry & White Choc Muffins	Cinnamon Scrolls with a side of Apple	Chocolate Cake with Orange Slices	Fresh Fruit Platter & Milk
Late Snack 5:30pm	A variety of rice cakes, fresh fruit, dried fruit, vegie sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods. A small snack which is served to the children still at the service to tie them over to dinner when they arrive home.				

Please check the black board daily for fruit selection on offer with the fruit platter and sandwich selections offered.

As we are an EGG and NUT free centre; this is taken into consideration when menu planning.
Alternative meals are provided to the children with dietary requirements with careful precaution taken.

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:30am – 7:15am	Cereals on Offer: Weet-Bix, Corn Flakes served with milk (Lactose Free and soy milk available upon request). Toast on Offer: Vegemite and Jam Milk and Water are offered throughout the day.				
Morning Tea	Two Fresh Fruits & Yoghurt	Fresh Fruit Platter & Milk	Cruskits with Vegemite & Jam	Fresh Fruit Platter & Milk	Fresh Fruit Platter & Milk
Lunch	Sweet 'n' Sour Chicken & Rice	Sandwiches & Warps	Homemade Sausage Rolls, Corn Cobs & Salad	Vegetarian Nachos	Homemade Fish & Chips
Vegetarian Option	Sweet 'n' Sour Chickpeas & Rice	Sandwiches & Wraps	Homemade Vegetarian Sausage Rolls, Corn Cobs & Salad	Vegetarian Nachos	Falafel and Chips
Afternoon Tea	Cracker Squares with Vegemite & Jam	Blueberry Muffins	Fresh Fruit Platter & Milk	Sultana & Oat Cookies with a side of sliced Fruit	Dried Fruit, Cheese and Crackers
Late Snack 5:30pm	A variety of rice cakes, fresh fruit, dried fruit, vegie sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods. A small snack which is served to the children still at the service to tie them over to dinner when they arrive home.				

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:30am – 7:15am	Cereals on Offer: Weet-Bix, Corn Flakes served with milk (Lactose Free and soy milk available upon request). Toast on Offer: Vegemite and Jam Milk and Water are offered throughout the day.				
Morning Tea	Rice Cakes with Vegemite & Jam	Fresh Fruit Platter & Milk	Two Fresh Fruits & Yoghurt	Cheese & Vegemite Scrolls & Milk	Fresh Fruit Platter & Milk
Lunch	Sausages, Mashed Potato and Vegetables	Butter Chicken & Rice	Sandwiches & Wraps	Pumpkin Pasta	Fish Tacos with Cheese and Sour Cream
Vegetarian Option	Vegetarian Sausages, Mashed Potato & Vegetables	Vegetarian Curry & Rice	Sandwiches & Wraps	Pumpkin Pasta	Falafel Tacos
Afternoon Tea	Fresh Fruit Platter & Milk	Orange Syrup Muffins	Vanilla & Raspberry Cake	Fresh Fruit Platter & Rice Crackers	Cruskits with Vegemite & Jam
Late Snack 5:30pm	A variety of rice cakes, fresh fruit, dried fruit, vegie sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods. A small snack which is served to the children still at the service to tie them over to dinner when they arrive home.				

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:30am – 7:15am	Cereals on Offer: Weet-Bix, Corn Flakes served with milk (Lactose Free and soy milk available upon request). Toast on Offer: Vegemite and Jam Milk and Water are offered throughout the day.				
Morning Tea	Fresh Fruit Platters & Milk	Cracker Squares with Vegemite and Jam	Vege Sticks, Cheese, Crackers & Milk	Two Fresh Fruits & Yoghurt	Fresh Fruit Platter & Milk
Lunch	Tuscan Chicken & Rice	Mac & Cheese	Beef Chilli Con Carne, Rice, Corn Chips & Sour Cream	Sandwiches & Wraps	Pork Fried Rice
Vegetarian Option	Tuscan Chickpea Curry & Rice	Mac & Cheese	Vegetarian Chilli Con Carne	Sandwiches & Wraps	Vegetarian Fried Rice
Afternoon Tea	Cheese & Corn Muffins with a side of Pears	Fresh Fruit Platters & Milk	Choc Chip Muffins with Banana slices	Apple & Cinnamon Muffins	Cruskits with Vegemite and Jam
Late Snack 5:30pm	A variety of rice cakes, fresh fruit, dried fruit, vegie sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods. A small snack which is served to the children still at the service to tie them over to dinner when they arrive home.				

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:30am – 7:15am	Cereals on Offer: Weet-Bix, Corn Flakes served with milk (Lactose Free and soy milk available upon request). Toast on Offer: Vegemite and Jam Milk and Water are offered throughout the day.				
Morning Tea	Crackers, Cheese, Dip & Sultanas	Two Fresh Fruits & Yoghurt	Fresh Fruit Platter & Milk	Fresh Fruit Platter & Milk	Fresh Fruit Platter & Milk
Lunch	Curried Sausages with Rice	Beef Cottage Pie	Chicken Chop Suey	Tuna Bake	Sandwiches & Wraps
Vegetarian Option	Vegetarian Sausages with Rice	Vegetarian Cottage Pie	Vegetarian Chop Suey	Chickpea Bake	Sandwiches & Wraps
Afternoon Tea	Fresh Fruit Platters & Milk	Mixed Berry Muffins with a side of Pear	Raisin Toast	Spiced Pumpkin Muffins	Crackers, Vege Sticks & Dip
Late Snack 5:30pm	A variety of rice cakes, fresh fruit, dried fruit, vegie sticks, crackers, cheese, dips, fruit toast, sandwiches and baked goods. A small snack which is served to the children still at the service to tie them over to dinner when they arrive home.				

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