






Summer Menu

Children are welcome to bring in a healthy breakfast from home to eat in the centre for breakfast before 8.30am. Parents must ensure our Nutrition Policy is followed and no nut products are brought into the centre.

Fresh Fruit Platter Milk	Seasonal Pieces of Fresh Fruit  Milk	Fresh Fruit Platter Milk	Yogurt and Fruit Milk	Fresh Fruit Platter Milk
<p style="text-align: center;">Red Meat</p> <p>Rissoles in Tomato Sauce with seasonal Vegies served with couscous</p>  <p>¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Milk</p> <p style="text-align: center;">AR</p>	<p style="text-align: center;">White Meat</p> <p>Tuna patties with garden salad, cheese and a small wholemeal roll</p> <p>¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Water</p>	<p style="text-align: center;">Red Meat</p> <p>Lasagna with side serves of salad – tomato, cucumber, lettuce, capsicum</p> <p>¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Water</p> <p style="text-align: center;">AR/GF</p>	<p style="text-align: center;">Vegetarian</p> <p>Potato and Leek Soup With Croutons</p>  <p>¼ whole meal Cheese sandwich and ¼ slice of orange</p> <p style="text-align: center;">Water</p> <p style="text-align: center;">AR/GF Option</p>	<p style="text-align: center;">Sometimes</p> <p>Chicken Sausage Rolls with salad</p>  <p>¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Water</p>
<p>Dips with cheese and vegie sticks and crackers</p>  <p style="text-align: center;">Water</p>	<p>Pancakes with various Spreads</p> <p style="text-align: center;">Milk</p>	<p>Fruit Bread</p> <p style="text-align: center;">Milk</p>	<p>Sticky Date Pudding Muffins</p> <p style="text-align: center;">Milk</p>	<p>Mixed Sandwiches</p> <p style="text-align: center;">Water</p>







Late snack provided by the centre at 4.30pm. It will consist of any of the following: fruit, milk arrowroot biscuits or cruskits (or similar) and any extra afternoon tea that was prepared but not served.

Water is provided and made available to all children throughout the day. Children who are just starting to have solid meals will be provided a pureed selection of vegetables.

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<p style="text-align: center;">White Meat</p> <p>Mild Butter Chicken with vegies and rice noodles</p>  <p>¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Water</p> <p style="text-align: center;">AR</p>	<p style="text-align: center;">Red Meat</p> <p>Corned silverside with mashed potato and tomato, cheese and cucumber</p> <p>¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Water</p> <p style="text-align: center;">GF</p>	<p style="text-align: center;">Vegetarian</p>  <p>Homemade Vegetable pizza's with capsicum, fresh tomato, baby spinach, mushrooms & melted cheese</p> <p>¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Water</p> <p style="text-align: center;">AR</p>	<p style="text-align: center;">White Meat</p> <p>Tuna Mornay with rice creamed corn, peas and a cheese topping</p> <p>¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Water</p> <p style="text-align: center;">AR/GF</p>	<p style="text-align: center;">Red Meat</p> <p>Speedy Bolognese Sauce II with Spaghetti</p>  <p>¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Water</p> <p style="text-align: center;">AR</p>
<p>Apple and Berry Yoghurt Muffins</p>  <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Fruit Bread</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Yoghurt with Fruit</p> <p style="text-align: center;">Water</p>	<p style="text-align: center;">Sandwiches and Melons</p> <p style="text-align: center;">Water</p>	<p style="text-align: center;">Vegemite & cheese Pinwheels</p> <p style="text-align: center;">Water</p>







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Yogurt with Fresh fruit Milk	Seasonal Pieces of Fresh Fruit Milk	Fresh Fruit Platter Milk	Seasonal Pieces of Fresh Fruit Milk 	Fresh Fruit Platter Milk
Red Meat  Sang Choy Bow With noodles $\frac{1}{4}$ whole meal Cheese sandwich Water AR	White Meat Panfried Chicken Strips With potatoes and side serve of salad $\frac{1}{4}$ whole meal Cheese sandwich Water GF	Sometimes Sausages with Mashed Pumpkin, peas and carrots  $\frac{1}{4}$ whole meal Cheese sandwich Milk GF	Red Meat  Soft tortilla taco's with tomato, cheese, lettuce and cucumber sticks $\frac{1}{4}$ whole meal Cheese sandwich Water	Mixed Filling Sandwiches Platters with a variety of meat and salads $\frac{1}{4}$ whole meal Cheese sandwich Water AR/GF
Pikelets with toppings Milk	Fruit Bread Milk	Dips and Vegie sticks for dipping, Cheese and crackers  Water	Apple Cake Milk	Banana Muffins  Milk

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White Moroccan Chicken with Couscous  ¼ whole meal Cheese sandwich Water AR	Red Meat Rissoles and side serves of vegetables – carrot, potato, broccoli  ¼ whole meal Cheese sandwich Water AR	Red Meat Beef Stroganoff served with mashed potato and peas and corn ¼ whole meal Cheese sandwich  Water AR/GF Option	Vegetarian Pumpkin & Broccoli Risotto with lentils ¼ whole meal Cheese sandwich Water  AR	White Tasty Tuna Tomato and Noodle Bake ¼ whole meal Cheese sandwich Milk
Yogurt & Fruit Milk	Anzac Slice Milk	Apple and Berry Yoghurt Muffins  Water	Vegemite & cheese Pinwheels Water	Fruit Bread Milk

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<p style="text-align: center;">Sometimes</p> <p style="text-align: center;">Chicken Sausage Rolls with salad</p>  <p style="text-align: center;">¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Water</p>	<p style="text-align: center;">Red Meat</p> <p style="text-align: center;">Roast Lamb and roast vegetables</p> <p style="text-align: center;">¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Water</p> <p style="text-align: center;">AR/GF</p>	<p style="text-align: center;">Red Meat</p> <p style="text-align: center;">Nasi Goreng with Beef and vegetables</p>  <p style="text-align: center;">¼ whole meal Cheese sandwich Milk</p> <p style="text-align: center;">GF Option</p>	<p style="text-align: center;">White Meat</p> <p style="text-align: center;">Honey and Soy Chicken Stir Fry</p> <p style="text-align: center;">¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Milk</p> <p style="text-align: center;">GF Option</p>	<p style="text-align: center;">Vegetarian</p> <p style="text-align: center;">Macaroni cheese topping with side serves of salad</p> <p style="text-align: center;">¼ whole meal Cheese sandwich</p> <p style="text-align: center;">Water</p> <p style="text-align: center;">AR/GF option</p>
<p style="text-align: center;">Pancakes</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Rice Cakes and Pita Breads with Spreads and cheese slices</p>	<p style="text-align: center;">Banana Cake</p> <p style="text-align: center;">Milk</p>	<p style="text-align: center;">Pinwheels</p> <p style="text-align: center;">Water</p>	<p style="text-align: center;">Mixed Filling Sandwich</p>  <p style="text-align: center;">platters Water</p>
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<p style="text-align: center;">Red Meat</p> Lasagne with side serve of Salad $\frac{1}{4}$ whole meal Cheese sandwich  Water <p style="text-align: center;">AR</p>	<p style="text-align: center;">White Meat</p> Tuna Mornay with rice creamed corn, peas and a cheese topping $\frac{1}{4}$ whole meal Cheese sandwich Water <p style="text-align: center;">AR/GF Red Meat</p>	<p style="text-align: center;">Vegetarian</p> Napolitano Pasta with cheese topping and side serve of salad $\frac{1}{4}$ whole meal Cheese sandwich Water <p style="text-align: center;">AR</p>	<p style="text-align: center;">Red Meat</p> Chilli Corn Carne served with rice $\frac{1}{4}$ whole meal Cheese sandwich Water <p style="text-align: center;">GF</p>	<p style="text-align: center;">White Meat</p> Chicken Pattie Burgers served with a roll and salad $\frac{1}{4}$ whole meal Cheese sandwich Milk
Mixed Sandwiches Milk	Apple Cake Milk	Sticky Date Pudding Milk	Fruit Bread Water 	Fruit Platters and cheese with crackers  Water
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