






# 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	Fresh Fruit Platter Milk	Yogurt and Fruit Milk	Fresh Fruit Platter Milk	Fresh Fruit Platter Milk
Chicken drumsticks with side serves of vegetables  ¼ cheese wholemeal sandwich  Water	<div style="display: flex; align-items: center; justify-content: center;">  <div style="text-align: left;"> <p>Frittata with Beans, Broccoli and Carrots</p> <p>¼ cheese wholemeal sandwich</p> <p>Water</p> </div> </div>	Lasagna with side serves of salad – tomato, cucumber, lettuce, capsicum  ½ Slice of wholemeal Bread  Water	Mixed filling sandwich platters – variety of meats and salads  <div style="text-align: center;">  </div> Dried Fruit  Water	Sausage casserole with mixed vegetables and beans throughout with cous cous  ½ slice wholemeal cheese sandwich  Water
Mixed Sandwiches and Fruits  Water	Custard and fruit  Water	Fruit Bread  Water	Pikelets  Milk	Anzac Slice  Milk
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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Mixed Filling Sandwiches Platters with a variety of meats and salads  Dried Fruits	Moroccan Meatballs, side serves of salad – tomato, lettuce, capsicum and side serves cous cous  ½ Slice of wholemeal Bread and cheese cubes	Tuna and Pasta Bake and side serves of salad  ½ Slice of wholemeal cheese sandwiches	Pumpkin Risotto with mixed vegetables and sprinkling of cheese to serve. Side serve of cucumber fingers  ½ slice wholemeal cheese sandwiches	Chicken Pot pie with mashed potato, green peas and gravy  ½ slice wholemeal cheese sandwiches
Water	Water	Water	Water	Water
Apple Pie  Milk	Fruit Bread  Water	 Fruit Platters  Milk	Pinwheels  Water	Sandwiches and Melons  Water
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Yogurt with Fresh fruit  Milk	Fresh Fruit Platter  Milk	Fresh Fruit Platter  Milk	Fresh Fruit Platter  Milk	Fresh Fruit Platter  Milk
Lasagna with mixed vegetables throughout and a cheese topping  ½ whole meal sandwich  Water	Chicken Cacciatore with rice With side salad  wholemeal Bread  Water	Mixed Filling Sandwiches Platters with a variety of meat and salads  Dried Fruit  Water	Soft tortilla taco's with tomato, cheese, lettuce and cucumber sticks   Water	Cold meat platters and side serve of salad-coleslaw, rice, pasta, potato  ½ Slice of wholemeal Bread  Water
Mixed crackers, cooked vegetable sticks and cheese platters  Water 	Fruit Bread  Milk	Pikelets  Milk	Custard and fresh fruit  Water	Banana Muffins  Milk
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Fresh fruit platter  Milk	Fresh Fruit Platter  Milk	Fresh Fruit Platter  Milk	Yogurt & Fruit  Milk 	Fresh Fruit Platter  Milk
Corned silverside with Cauliflower cheese, peas, carrot and corn  $\frac{1}{2}$ Slice of wholemeal Bread  Water	Chicken Sausage rolls with grated mixed vegetables stirred through and side serve of salads $\frac{1}{2}$ Slice of wholemeal Bread  Water	Meatballs and Root Vegetable Bakes with and corn on the cob   $\frac{1}{2}$ Slice of wholemeal Bread  Water	Mixed Filling Sandwich Platters with a variety of meat and salad  Dried Fruit  Water	Mini Hot dogs with cheese and salad  whole meal bread  Water
Muffins  Milk	Pikelets  Milk	Custard and fruit  Water	Fresh fruit Platters  Milk	Variety Plates  Milk
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Mixed Filling  Sandwich platters with a variety of meats and salad Dried Fruit  Water	Macaroni cheese topping with side serves of salad  ½ whole meal sandwich  Milk	Chicken Drumsticks and salads – rice, potato, pasta, coleslaw, Greek  Milk	Pasta Bolognese served with cheese topping and side serves of salad  ½ slice whole meal bread  Water	Beef Stir Fry with noodles  whole meal bread  Milk
Custard and Fruit  Water	Fruit platters – fresh and dried with crackers  Water	Pinwheels  Water	Picking platters with mixed crackers, cheese and vegetable dippers  Water	Fruit Bread  Milk
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<p>Napolitano Pasta with cheese topping and side serve of salad</p> <p>½ whole meal sandwich</p> <p>Water </p>	<p>Roast Meat and vegetables</p> <p>Wholemeal cheese sandwiches</p> <p>Water</p>	<p> Mexican Chilli con carne with rice and cheese topping</p> <p>½ Slice of wholemeal Bread</p> <p>Water</p>	<p>Chunky Asian Beef Curry with rice or Hokkien Noodles</p> <p>½ slice whole meal bread</p> <p>Water</p>	<p>Mixed filling sandwich platters with a variety of meats and salads.</p> <p>Dried Fruits</p> <p>Water</p>
Rock Cakes Milk	Custard Water	Sticky Date Pudding Milk	Fruit Bread Milk	Fruit Platters and crackers  Milk
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