**Week four menu**

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| **MEAL** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MORNING TEA**  Koala 9:00am  Wombat 9:30am  Emus 9:30am  Kangaroo 9:30am | Selection of seasonal fruit and veg sticks.  Raisin toast  Drink – water and milk | Selection of seasonal fruit and veg sticks.  Crumpets / toast and spreads  Drink – water and milk | Selection of seasonal fruit and veg sticks.  Raisin toast  Drink – water and milk | Selection of seasonal fruit and veg sticks.  Toast / spreads  Drink – water and milk | Selection of seasonal fruit and veg sticks.  Pikelets / spreads  Drink – water and milk |
| **LUNCH**  Koala 11:00am  Wombat 11:30am  Emus 12:00pm  Kangaroo 12:30pm | **CHICKEN DIABOLO**  Diced chicken, onion, garlic, tinned tomatoes, tomato paste, mushrooms and zucchini  Spaghetti, bread and seasonal veg.  Custard  Drink – water  Infant puree or casserole (age appropriate) | **TIKALARA LAMB**  Diced lamb, garlic, ginger, tinned apricots, apricot nectar and soy sauce  Couscous, bread and seasonal veg.  Yoghurt tubs  Drink – water  Infant puree or casserole (age appropriate) | **BRAISED BEEF RAGU**  Diced beef, onion, garlic, mushrooms, tinned tomatoes, chicken stock, pasta, seasonal veg and bread.  Custard  Drink – water  Infant puree or casserole (age appropriate) | **CHICKEN NACHOS**  Chicken, onion, garlic, tomato salsa, taco seasoning, refried beans, tomato puree, grated cheese, salad, corn chips or wraps and garlic bread.  Yoghurt  Drink – water  Infant puree or casserole (age appropriate) | **CURRY BEEF**  Diced beef, garlic, ginger, curry powder, pureed zucchini, diced carrots and coconut cream  Brown rice, bread and seasonal veg.  Custard  Drink – water  Infant puree or casserole (age appropriate) |
| **AFTERNOON TEA**  Koala, Wombat  Emus, Kangaroo  2:00pm | Pikelets / spreads  Selection of seasonal fruit  Drink – water and milk | Mixed sandwiches  Selection of seasonal fruit  Drink – water and milk | Cheese and rice crackers  Selection of seasonal fruit  Drink – water and milk | Mixed sandwiches  Selection of seasonal fruit  Drink – water and milk | Raisin bread  Selection of seasonal fruit  Drink - water |
| **LATE SNACK**  5:00pm | Corn cob, veg sticks and rice crackers  Drink - water | Corn cob, veg sticks and rice crackers  Drink - water | Corn cob, veg sticks and rice crackers  Drink - water | Corn cob, veg sticks and rice crackers  Drink - water | Corn cob, veg sticks and rice crackers  Drink - water |