**Week one menu**

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| **MEAL** | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **MORNING TEA**Koala 9:00amWombat 9:30amEmus 9:30amKangaroo 9:30am | Selection of seasonal fruit and veg sticks.Raisin Toast Drink – water and milk | Selection of seasonal fruit and veg sticks.Pikelets / SpreadsDrink – water and milk | Selection of seasonal fruit and veg sticks.Toast / SpreadsDrink – water and milk | Selection of seasonal fruit and veg sticks.Raisin ToastDrink – water and milk | Selection of seasonal fruit and veg sticks.Toast / SpreadsDrink – water and milk |
| **LUNCH**Koala 11:00amWombat 11:30amEmus 12:00pmKangaroo 12:30pm | **SELECTION OF SANDWICHES**Vegie cup – corn cob, carrot and cucumber sticks and orange wedge.Yoghurt tub.Drink – waterInfant puree or casserole (age appropriate) | **BEEF STROGANOFF**Beef, onion, pureed zucchini, tomato paste, garlic, Worcestershire sauce, gravox, sour cream. Pasta, seasonal veg and bread.CustardDrink – waterInfant puree or casserole(age appropriate) | **APRICOT CHICKEN**Chicken, apricots, apricot nectar, onion, garlic, zucchini, sultanas, French onion soup. Brown rice, bread and seasonal veg.YoghurtDrink – waterInfant puree or casserole (age appropriate) |  **SPAGHETTI** **BOLOGNAISE**Beef mince, onion, garlic, tomato paste, tinned tomatoes, tomato puree, mixed herbs, diced Veg., spaghetti, bread, seasonal veg.Custard Drink – waterInfant puree or casserole (age appropriate) | **MOROCCAN LAMB**Lamb, onion, garlic, tinned tomatoes, chicken stock, fresh dates, chickpeas.Couscous, seasonal veg and garlic breadYoghurtDrink – waterInfant puree or casserole (age appropriate) |
| **AFTERNOON TEA**Koala, Wombat Emus, Kangaroo 2:00pm | Cheese / rice crackersSelection of seasonal fruit.Drink – water and milk | Mixed sandwichesSelection of seasonal fruit.Drink – water and milk | Selection of dips, veg sticks and rice crackersSelection of seasonal fruit.Drink – water and milk | Pikelets / spreadsSelection of seasonal fruit.Drink – water or milk | Mixed SandwichesSelection of seasonal fruit. Drink – water or milk |
| **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 |