**Week one 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.  Pikelets / Spreads  Drink – water and milk | Selection of seasonal fruit and veg sticks.  Toast / 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 |
| **LUNCH**  Koala 11:00am  Wombat 11:30am  Emus 12:00pm  Kangaroo 12:30pm | **SELECTION OF SANDWICHES**  Vegie cup – corn cob, carrot and cucumber sticks and orange wedge.  Yoghurt tub.  Drink – water  Infant puree or casserole (age appropriate) | **BEEF STROGANOFF**  Beef, onion, pureed zucchini, tomato paste, garlic, Worcestershire sauce, gravox, sour cream.  Pasta, seasonal veg and bread.  Custard  Drink – water  Infant puree or casserole  (age appropriate) | **APRICOT CHICKEN**  Chicken, apricots, apricot nectar, onion, garlic, zucchini, sultanas, French onion soup.  Brown rice, bread and seasonal veg.  Yoghurt  Drink – water  Infant 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 – water  Infant puree or casserole (age appropriate) | **MOROCCAN LAMB**  Lamb, onion, garlic, tinned tomatoes, chicken stock, fresh dates, chickpeas.  Couscous, seasonal veg and garlic bread  Yoghurt  Drink – water  Infant puree or casserole (age appropriate) |
| **AFTERNOON TEA**  Koala, Wombat  Emus, Kangaroo  2:00pm | Cheese / rice crackers  Selection of seasonal fruit.  Drink – water and milk | Mixed sandwiches  Selection of seasonal fruit.  Drink – water and milk | Selection of dips, veg sticks and rice crackers  Selection of seasonal fruit.  Drink – water and milk | Pikelets / spreads  Selection of seasonal fruit.  Drink – water or milk | Mixed Sandwiches  Selection 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 |