**Week three 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.  Muffins / 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.  Hot cakes / maple syrup  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 |
| **LUNCH**  Koala 11:00am  Wombat 11:30am  Emus 12:00pm  Kangaroo 12:30pm | **BEEF NACHOS**  Beef mince, garlic, onion, Mexican beans, salsa, grated cheese/ carrot, corn, corn chips. Yoghurt.  Drink – water  Infant puree or casserole (age appropriate) | **MOROCCAN BEEF**  Beef, onion, garlic, tinned tomatoes, chicken stock, dates, chickpeas, couscous, garlic bread and seasonal veg.  Custard  Drink – water  Infant puree or casserole  (age appropriate) | **CURRY LAMB**  Diced lamb, onion, garlic, curry powder and diced veg, brown rice, bread and seasonal veg.  Yoghurt  Drink – water  Infant puree or casserole (age appropriate) | **CHICKEN TENDERLOINS**  Chicken, baked potato, seasonal veg or salad.  Bread.  Custard  Drink – water  Infant puree or casserole (age appropriate) | **SELECTION OF SANDWICHES**  Vegie cup – corn cob, carrot and cucumber sticks and orange wedge.  Yoghurt tubs  Drink – water  Infant puree or casserole (age appropriate) |
| **AFTERNOON TEA**  Koala, Wombat  Emus, Kangaroo  2:00pm | Mixed sandwiches  Selection of seasonal fruit  Drink – water and milk | Pikelets / spreads  Selection of seasonal fruit  Drink – water or milk | Selection of dips, veg sticks and rice crackers.  Selection of seasonal fruit  Drink – water and milk | Mixed sandwiches  Selection of seasonal fruit  Drink – water and milk | Cheese / rice crackers  Selection of seasonal fruit  Drink – water and 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 |