











Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey
Lunch	<p>Sushi <i>Freshly Prepared with Tuna, Teriyaki Chicken, Blanched Vegetables and Sesame Seeds, Vinegar, Honey, Served with Soy Sauce</i></p> <p>Japanese</p> 	<p>Mini Sliders <i>Herb Crumb Turkey Mince with Lettuce, Tomato, Cheese and Mayonnaise on Fresh, House-Made Mini Buns</i></p> <p>American</p> 	<p>Beef Goulash <i>Slow braised beef in a rich tomato sauce. Finished with sour cream and creamy mash potato</i></p> <p>Hungarian</p> 	<p>Chicken Fried Rice <i>Chicken, ham, corn, peas spring onion, bean shoots and egg</i></p> <p>Chinese</p> 	<p>Selection of Sandwiches <i>Roast chicken, lettuces and mayonnaise Vegemite and cheese, Egg salad and ham and cheese.</i></p> <p>Australia</p> 
Afternoon Tea	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good

All of our menus must meet the Australian Dietary Requirements for Young Children and therefore provide at least 50% of the daily required intake of the 5 food groups.
Our menus are prepared fresh daily on the premises by qualified staff.

.Please be mindful that we are classified as a nut awareness centre. We ask that any outside food brought to the centre abides by these guidelines.





Week Two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey
Lunch	<p>Creamy Chicken Penne <i>In a cream sauce Chicken, spinach, mushrooms, onion, garlic, cream, tomato over a bed of Penne</i></p> <p>French</p> 	<p>Pizza Muffins <i>Wholemeal muffins topped with ham, pineapple and Capsicum, Grilled Zucchini, Chickpeas, Tomato Sugo, Fresh Herbs and Cheese</i></p> <p>Italian</p> 	<p>Crispy Chicken Tacos <i>Chicken breast coated in Lemon and Fresh Herb Crumb, Oven-baked with served with Apple coleslaw in a tortilla</i></p> <p>Mexican</p> 	<p>Gourmet Hot Dogs <i>Mini Hotdogs in buns with cheese and tomato relish served with a side of sweet potato chips</i></p> <p>American</p> 	<p>Spaghetti Bolognese <i>Classic Braised Beef Mince in a Rich Tomato Sauce with Diced Vegetables and Fresh Herbs Served with Grated Cheese</i></p> <p>Italian</p> 
Afternoon Tea	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good

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Week Three Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey
Lunch	<p>Chow Mein Minced Beef, carrot, beans, onion, cabbage with egg noodles</p> <p>Chinese</p> 	<p>Zucchini Slice Eggs, onion, bacon, cheese, zucchini with a side salad of cherry tomatoes, cheese and cucumber dressed with balsamic</p> <p>Italian</p> 	<p>Thai Yellow Chicken Curry <i>Chicken Breast and Vegetables in a Fragrant curry of Turmeric, Ginger, Lemongrass, Coriander, and Coconut milk, Served with Jasmine Rice</i></p> <p>Thai</p> 	<p>Summer Platter Cold cuts of meat, cherry tomatoes, cheese, cucumber, French bread stick rounds with cheese spread</p> <p>French</p> 	<p>Chilli Con Crane Minced Beef, onion, garlic, tomatoes, beans on a bed of brown rice and a side of corn crisps and sour cream</p> <p>Mexican</p> 
Afternoon Tea	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good

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Week Four Menu

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Morning Tea	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey	Yoghurt with fresh fruit and honey
Lunch	<p>San Choy Bow Oriental Beef in lettuce cups garnished with bean shoots and spring onion</p> <p>Chinese</p> 	<p>Vegetable Quiche Toasties Egg, milk, cheese, capsicum, spring onion, mushroom with a crisp bread base</p> <p>German</p> 	<p>Sticky Pork Stir Fry Pork with bok choy, snow peas, green beans and capsicum on a bed on brown rice</p> <p>Chinese</p> 	<p>Tuna and Corn Fritters served with a Middle Eastern Cous Cous</p> <p>Egyptian</p> 	<p>Pumpkin Savoury Mince Minced Beef with seasonal vegetables in a gravy base with brown rice to serve</p> <p>England</p> 
Afternoon Tea	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good	Cheese & Fruit Board with Crackers, Vegetable Crudites, Dried Fruit & freshly baked good

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