

SUMMER MENU 2008 Final

Week 1

MORNING TEA	LUNCH	AFTERNOON TEA
<p><u>MONDAY</u></p> <p>Lebanese bread with cheese spread Chopped oranges Milk</p>	<ul style="list-style-type: none"> • Macaroni cheese & corn mushroom bake with herb tomatoes • Bean, cucumber, grated carrot, capsicum salad • Garlic bread • water <p>* (As Above)</p>	<p>Wholemeal breadsticks & French Onion dip Banana, seedless grapes Milk</p>
<p><u>TUESDAY</u></p> <p>Toast with vegemite / cheese Sliced apples Milk- Milo</p>	<ul style="list-style-type: none"> • Fish cakes- grated zucchini & carrot, mashed potato, tuna • Rice & spinach • Water <p>* Veg burger (mashed potato, lentils, zucchini & grated carrot) with rice & spinach</p>	<p>Lavish with cream cheese spread & Vegemite Pineapple / pears Milk</p>
<p><u>WEDNESDAY</u></p> <p>Fruit loaf Pears Milk</p>	<ul style="list-style-type: none"> • Beef Meat loaf (beef mince, egg, garlic, pepper, bread crumbs, flour, parsley, onions) • Mashed Potato • Tomato, cucumber & grated carrot • Water <p>*Whole potato, lentils in tomato puree on top with grated cheese and salad</p>	<p>Sao's with tomato & cheese slices Cruskits for JH0-2 + Rigby H Oranges / Watermelon Milk</p>
<p><u>THURSDAY</u></p> <p>Turkish bread with avocado / vegemite Milk Apple / pear</p>	<ul style="list-style-type: none"> • Apricot chicken (chicken, apricot nectar, French onion soup) • Broccoli , corn • Rice • Water <p>* Soya nuggets broccoli, corn & rice</p>	<p>Cheese cubes Cracker biscuits Cruskits for JH 0-2 + Rigby H Rockmelon / Oranges Milk</p>
<p><u>FRIDAY</u></p> <p>Wholemeal muffins with cheese slices / vegemite Chopped oranges Milk</p>	<ul style="list-style-type: none"> • Beef sausage sizzle • Sliced bread and butter • Tomato slices, shredded lettuce, cucumber, pineapple & beetroot • Water <p>* Vegetarian fingers (mashed potato & 3 bean mix, zucchini, carrots) with bread & salad (As above)</p>	<p>Lebanese bread with avocado or sliced tomato Pear / Seedless Grapes Milk</p>

- Check children's dietary requirements ALWAYS
- NO PEANUT BUTTER/PEANUT PRODUCTS TO BE GIVEN OUT TO CHILDREN!!
- Wholemeal bread used for sandwiches, toast and bread and butter
- Full cream dairy products to be used for under 2 years, reduced fat for over 2
- Water available throughout the day and is provided after lunch each day for oral hygiene
- Seasonal fruits eg. grapes, kiwi fruit, rockmelons honey dew will be available when costs are reasonable

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Week 2

MORNING TEA	LUNCH	AFTERNOON TEA
<p><u>MONDAY</u></p> <p>Muffins toasted with butter Apples sliced Milk Milo</p>	<ul style="list-style-type: none"> • Tuna corn, mushroom & peas risotto • Tomato slices, grated carrot, parsley • Grated cheese • Turkish bread • Water <p>* Tofu, corn & peas risotto, salad + bread , as above</p>	<p>Cornflake cookies Oranges / Pears Milk</p>
<p><u>TUESDAY</u></p> <p>Bread, avocado Apples / Pineapple Milk</p>	<ul style="list-style-type: none"> • Mexican Tacos: beef mince, garlic, tomato paste, onion Lavish, grated cheese • Tomato, cucumber & lettuce • Water <p>* Tomato puree, garlic, onion with lentils, lavish & salad</p>	<p>Vita wheats, tomato & cheese slices Cruskits for JH 0-2 + Rigby House Oranges Milk</p>
<p><u>WEDNESDAY</u></p> <p>Wholemeal Muffins Cream cheese and vegemite Bananas Milk</p>	<ul style="list-style-type: none"> • Chicken Drumsticks: BBQ sauce tomato paste, garlic • Noodles • Broccoli, pumpkin • Water <p>* Vegetables & noodles (as above) with tofu</p>	<p>Crackers & cheese Cruskits for JH 0-2 + Rigby Kiwi fruit / Apples Milk</p>
<p><u>THURSDAY</u></p> <p>Toast Cheese slices Rockmelon Milk</p>	<ul style="list-style-type: none"> • Italian Meatballs (beef mince, egg, bread crumbs, parsley, onions, garlic) with tinned basil tomato sauce • Mashed potatoes • Corn, Beans • Water <p>* Vegetarian lentil nuggets, with vegetables (as above) & mashed potatoes</p>	<p>French onion dip with celery & carrot sticks & crackers Watermelon / apples Milk</p>
<p><u>FRIDAY</u></p> <p>Fruit bread Apple sliced Milk</p>	<ul style="list-style-type: none"> • Wriggly Noodles (separate), mushroom, strips of zucchini & carrots, beans broccoli stir fried in a tomato herb sauce • Grated cheese • water <p>* (As Above)</p>	<p>Cheese & vegemite sandwiches Pears / seedless grapes Milk -Milo</p>

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Week 3

MORNING TEA	LUNCH	AFTERNOON TEA
<p><u>MONDAY</u></p> <p>Lavish with cheese spread Apple / Orange Milk</p>	<ul style="list-style-type: none"> Vegetarian lasagne- spinach, onion, chopped broccoli mushrooms, garlic, corn, herb tomato base Garlic bread Water <p>* (As above)</p>	<p>Vita wheats with tomato & cheese slices Cruskits JH 0-2 + Rigby H Seedless grapes Milk- Milo</p>
<p><u>TUESDAY</u></p> <p>Wholemeal Muffins with butter Chopped orange segments Milk</p>	<ul style="list-style-type: none"> Honey Chicken (chicken, honey, soy sauce, garlic, pepper) Rice Carrots and peas Water <p>* Rice & vegetables (as above) with lentil sauce</p>	<p>Tomato and cheese sandwiches Apples / pears Milk</p>
<p><u>WEDNESDAY</u></p> <p>Fruit bread Milk</p>	<ul style="list-style-type: none"> Beef stir-fry with onion, carrots, zucchini broccoli, noodles Water <p>* Tofu with vegetables (as above) & noodles</p>	<p>Turkish bread with French onion dip Watermelon / oranges Milk</p>
<p><u>THURSDAY</u></p> <p>Toast vegemite / cheese Sultanas Milk - Milo</p>	<ul style="list-style-type: none"> Tuna Patties (mashed potato, tuna, grated carrot & zucchini) Spinach Rice Bread & butter water <p>* Vege patties (mashed 3 bean mix, mashed potato, grated carrot & zucchini) Rice (as above)</p>	<p>Saos with sliced tomato / avocado Cruskits JH 0-2 + Rigby Pineapple / seedless grapes Milk</p>
<p><u>FRIDAY</u></p> <p>Fruit Muffins Toasted Oranges Milk</p>	<ul style="list-style-type: none"> Tacos (beef mince) and lavish bread Grated cheese Salad (shredded lettuce, tomato & corn kernels, beetroot) Water <p>Whole potato with lentils in puree tomato mushroom sauce & grated cheese salad as above</p>	<p>Crackers and cheese cubes Cruskits JH 0-2 & Rigby Pears / bananas Milk</p>

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Week 4

MORNING TEA	LUNCH	AFTERNOON TEA
<p><u>MONDAY</u></p> <p>Shredded wheatmeal biscuits apples Milk Milo</p>	<ul style="list-style-type: none"> • Pizza- Lebanese bread, capsicum, onion, olives, tomato, cheese / lavish pineapple, capsicum, mushroom cheese • Spanish rice corn, peas, onion, stock • Water <p>* (as above)</p>	<p>Turkish Bread avocado dip Watermelon Milk</p>
<p><u>TUESDAY</u></p> <p>Toast with cheese slices Apples / pears Milk</p>	<p>Spaghetti Bolognese: beef mince, tomato paste, garlic, onion, parsley, herbs. carrots & peas. Spaghetti. Pasta shells for JH 0-2 + Rigby H</p> <ul style="list-style-type: none"> • Water <p>* Vegetarian lentil sauce with pasta , vegetables (as above)</p>	<p>Vegemite sandwiches Oranges / seedless grapes Milk</p>
<p><u>WEDNESDAY</u></p> <p>Lebanese bread with vegemite or cheese slices Pineapple / apples Milk</p>	<ul style="list-style-type: none"> • Vegetarian Patties (pumpkin, potato, grated zucchini, 4bean mix mashed well) • Beetroot, grated carrot, pineapple, capsicum • Bread & butter. • water <p>* Vegetarian (as above)</p>	<p>French onion dip with breadsticks Bananas / apples Milk</p>
<p><u>THURSDAY</u></p> <p>Muffins with butter Oranges Milk</p>	<ul style="list-style-type: none"> • Cold beef hamburger loaf (beef mince, egg, garlic, bread crumbs, parsley, onions) • Bread • Lettuce, tomato, beetroot, corn & cucumber • Water <p>* Vege lentil burger loaf & salad (as above)</p>	<p>Crackers with cheese slices & avocado Cruskits JH 0-2 + Rigby Rockmelon / kiwi fruit Milk</p>
<p><u>FRIDAY</u></p> <p>Fruit toast Pears / apples Milk</p>	<ul style="list-style-type: none"> • Chicken (soy sauce, onions, tomato sauce, garlic, pepper) • noodles • broccoli & corn • Water <p>* Tofu cooked as above, noodles and vegetables.</p>	<p>Saos & cheese, vegemite Cruskits JH 0-2 + Rigby H Watermelon / oranges Milk Milo</p>

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