what's the time...

Week 5 - Winter Menu

** WE ARE ALLERGY AWARE

	[morning tea]	[lunch]	[alternative lunch]	[lunch for tiny humans]	[afternoon tea]
Monday	French toast served with fresh seasonal fruit	Golden apricot chicken served with a bed of brown rice and a side of Brocolli.	Golden lentils in apricot sauce served with a bed of brown rice and a side of Brocolli	Golden delicious, Apricot chicken served with a bed of brown rice and a side of Brocolli	Apple and cinnamon pastry scroll served with seasonal fresh fruit.
Tuesday	Healthy wholemeal banana bread served with fresh fruit	Creamy chicken and corn noodle soup served with croutons	Creamy corn and vegetable soup with croutons	Creamy chicken and corn noodle soup served with croutons	Colourful grazing platter including hummus, pretzels, dried apricots, cheese and water cracker served with fresh fruit
Wednesday	Home-made Banana and cinnamon scrolls served with fresh fruit	Honey mustard chicken pasta served with a side of vegetables	Honey mustard pasta served with a side of vegetables	Honey mustard pasta served with a side of vegetables	Crispy sweet potato chips and fresh cut fruit
Thursday	Hash browns & baked beans with wholemeal toast	Tender beef stroganoff with wholemeal pasta served with a side of mixed vegetables	Creamy chickpea stroganoff with wholemeal pasta served with a side of mixed vegetables	Tender beef stroganoff with wholemeal pasta served with a side of mixed vegetables	Crispy rice cakes topped with cheese, tomato, and avocado slices, served with a wholesome fruit smoothie.
Friday	Wholemeal blueberry and zucchini muffin served with fresh fruit	Chicken green thai curry	Vegetable green thai curry	Chicken and mixed vegetable meatballs served with sweet potato chips and side salad	Sweet lemon weetbix slice served with fresh seasonal fruit

Puree option available if your child has not been exposed to this meal or foods within this meal. This will depend on your child's dietary guide as consulted by parents. Puree also available for baby led weaning & not yet eating sustainable amounts on their own.

Beverages // Milk, Water, Express Breast Milk and Formula.