

Sumer menu:

Delicious Nutritional Food: Made with Seasonal Fruit & Veggies. All meals are prepared and cooked by our Chef

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served with Milk & Water Smoothies milk & yoghurt	Selection of Cereals & wholemeal toast. Banana smoothie	Selection of Cereals & wholemeal toast. Berry smoothie	Selection of Cereals & wholemeal toast Apple & cinnamon smoothie	Selection of Cereals & wholemeal toast Banana- Berry smoothie	Selection of Cereals & wholemeal toast Cinnamon & nutmeg smoothie
Morning Tea Served with Water	Selection of 5 seasonal Fruits. Served with homemade berry yoghurt	Selection of 5 seasonal Fruits. Served with banana muffins	Selection of 5 seasonal Fruits. Served with Zuchinni slice	Selection of 5 seasonal Fruits. Served with savory muffins	Selection of 5 seasonal Fruits. Served with homemade banana yoghurt
Lunch Served with Water Vegetarian meals are also available	Crumbed Chicken fillets with mashed potatoes, pumpkin and peas	Vegetarian lasagna & mixed salad	Meat loaf with steamed seasonal veggies & homemade tomato sauce	Chicken fried rice with seasonal veggies	Crumbed Fish Served with Steamed carrots, potatoes, pumpkin and peas
Afternoon Tea Served with Water & milk	Scones with Butter & homemade jam	Vegie Slice	Pitta bread and Homemade Carrot Dip,	Seasonal raw veggies with creamed Cheese, Carrot Cake	Peach & oat slice, raw veggies & dip
Dinner is available at an additional \$4 per child per day	Spaghetti Bolognese & garlic bread	Roast veggies & crumbed chicken	Vegetarian lasagna & salad	Meat loaf with seasonal veggies & homemade tomato sauce	Chicken fried rice with seasonal veggies