

Children's Centre Menu

Term 3 Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fruit platter, milk or water	Fruit platter, milk or water	Fruit platter, milk or water	Fruit platter, milk or water	Fruit platter, milk or water
Lunch	Tuna Mornay and Pasta	Curried Beef from Iran and Rice	Apricot Chicken and Pasta	Slow Cooked Beef and Rice	Pumpkin Soup and Pasta
Second Course	Whole meal bread/nuttelex	Whole meal bread/nuttelex	Whole meal bread/nuttelex	Whole meal bread/nuttelex	Whole meal bread/nuttelex
Afternoon Tea	Homemade Cornflake Cookies	Chunky Pear and Oat Muffins	Crossiants	Yoghurt	Apple Puffs

Note: This is a nut and egg free centre.
 The meat used in our centre is Halal.
 Gluten free (GF) snacks include yoghurt, rice cakes and rice crackers.
 Food containing gluten: Pasta, Hokkien Noodles and Cous Cous
 Soft vegetables are cooked daily and offered to children in the 0 - 3 rooms.

