

# Summer Menu

## Week 3

## Week Ending

	Morning tea	Lunch	Afternoon tea
<b>Monday</b>	<ul style="list-style-type: none"><li>▪ Avocado Toast</li><li>▪ Milk/water</li></ul>	<ul style="list-style-type: none"><li>▪ Spiced chicken and cauliflower with rice</li><li>▪ Bread and butter</li><li>▪ Water</li></ul>	<ul style="list-style-type: none"><li>▪ Fruit platter with cheese</li><li>▪ Milk/water</li></ul>
<b>Tuesday</b>	<ul style="list-style-type: none"><li>▪ Cinnamon banana tortilla roll up with cream cheese</li><li>▪ Milk/water</li></ul>	<ul style="list-style-type: none"><li>▪ Beef black bean noodle with vegetable</li><li>▪ Bread and butter</li><li>▪ Water</li></ul>	<ul style="list-style-type: none"><li>▪ Fruit platter</li><li>▪ Milk/water</li></ul>
<b>Wednesday</b>	<ul style="list-style-type: none"><li>▪ Pineapple oatmeal muffin</li><li>▪ Milk/water</li></ul>	<ul style="list-style-type: none"><li>▪ Platter of assorted sandwiches</li><li>▪ Water</li></ul>	<ul style="list-style-type: none"><li>• Fruit and vegetable platter with tzatziki</li><li>▪ Milk/water</li></ul>
<b>Thursday</b>	<ul style="list-style-type: none"><li>▪ Rice cakes with jam, vegemite and cream cheese</li><li>▪ Milk/water</li></ul>	<ul style="list-style-type: none"><li>▪ Spinach, chick peas, sweet potato and fetta cheese frittata with green salad</li><li>▪ Bread and Butter</li><li>▪ Water</li></ul>	<ul style="list-style-type: none"><li>▪ Fruit platter</li><li>▪ Milk/water</li></ul>
<b>Friday</b>	<ul style="list-style-type: none"><li>▪ Mixed cereals with milk</li><li>▪ Milk/water</li></ul>	<ul style="list-style-type: none"><li>▪ Curried Sausages with brown rice</li><li>▪ Bread and butter</li><li>▪ Water</li></ul>	<ul style="list-style-type: none"><li>▪ Fruit platter &amp; custard</li><li>▪ Milk/water</li></ul>