

Summer Menu

Week 4

Week Ending

	Morning tea	Lunch	Afternoon tea
Monday	<ul style="list-style-type: none">▪ Salada biscuits with vegemite or cheese▪ Milk/water	<ul style="list-style-type: none">▪ Summer veggie lasagne Celery, zucchini, lentil, tomato, ricotta▪ Bread and butter▪ Water	<ul style="list-style-type: none">▪ Fruit platter▪ Milk/water
Tuesday	<ul style="list-style-type: none">▪ Rice cake with jam & cream cheese▪ Milk/water	<ul style="list-style-type: none">▪ Korean beef mixed rice with carrot, cucumber, mushroom▪ Bread and butter▪ Water	<ul style="list-style-type: none">▪ Fruit salad with custard▪ Milk/water
Wednesday	<ul style="list-style-type: none">▪ Crumpets with jam or honey▪ Milk/water	<ul style="list-style-type: none">▪ Salmon and broccoli frittata▪ With peas, egg, cheese▪ Fresh salad▪ Bread and butter▪ Water	<ul style="list-style-type: none">▪ Fruit platter with cheese▪ Milk/water
Thursday	<ul style="list-style-type: none">▪ Berry Crumble with Greek yogurt▪ Milk/water	<ul style="list-style-type: none">▪ Platter of assorted sandwiches▪ Water	<ul style="list-style-type: none">▪ Hommus dip with veggie chips and crackers▪ Milk/water
Friday	<ul style="list-style-type: none">▪ French Toast▪ Milk/water	<ul style="list-style-type: none">▪ Chilly con carne with brown rice, carrot, celery, capsicum, kidney beans▪ Bread and butter▪ Water	<ul style="list-style-type: none">▪ Fruit salad & yogurt▪ Milk/water