



## Spring menu-week four 23rd September 2013



	Monday	Tuesday	Wednesday	Thursday	Friday
@ 9-9.30am Morning tea	Selection For Morning Tea:	*Seasonal Fresh Fruit *Dried Fruit *Sliced Cheese	*Fruit Bread *Rice Cakes *Bread With Butter/Vegemite/Phili Cheese		*Water/Milk/Soy Milk/Rice Milk/Goats Milk
@11 & 11.30am Lunch Water/milk/soy/ rice/goats milk	Fish and chips served with corn on the cob and home-made tomato sauce	Shepherd's Pie With Fluffy Mashed Potato Served With Wholemeal Bread Triangles	Baked Macaroni And Cheese (V) Served With Fresh Vegetable Slices	Free Range Apricot Chicken Served With Brown Rice	<b>FOOTY LUNCH!!! Sausages with bred and tomato sauce</b>
cultural origins/influences	Australian	British	Italian	British	Australian
Fresh Dessert	Fresh Watermelon Slices	Fresh Cantaloupe Slice	Fresh Apple Slices	Fresh Orange Segments	Fresh Pear Segments
Vegetarian(V) & Allergy / intolerance Options	Gluten Free tuna to replace the crumbed fish	Vegetarian Pie (V)	Gluten Free Pasta	Falafel & Vegetables With Brown Rice (V)	Gluten free bread
@3pm Afternoon tea Water/milk/soy/ rice/goats milk	Fresh Sandwiches With Fillings Of: Vegemite, Cheese Slices/Spread & Smashed Avocado & Seasonal Fruit Platter	Homemade Cinnamon Scrolls Served With A Seasonal Fruit Platter	Homemade French Onion Dip Served With Rice Crackers And Vegetables & Seasonal Fruit Platter	Seasonal Fruit Platter Served With Sliced Cheese And Rice/Corn Cakes	<b>Party pies sausage rolls served with Seasonal Fruit Platter</b>
@5.30pm Picnic Supper	Selection For Picnic Supper:	*Seasonal Fresh Fruit /Dried Fruit *Sliced Cheese *Fruit Bread/Rice Cakes/Wholemeal Saladas		*Water/Milk/Soy Milk/Rice Milk/Goats Milk	

Our aim is to always provide the children with the best quality and freshest produce every day. We provide the children with at least 50% of the recommended daily intake in accordance with nutrition Australia. We provide lean, quality meats with little or no trans fats and where possible our meat is locally sourced, premium or free range. (We do not serve processed meats). Our bread is always wholemeal and baked fresh daily from the local bakery in Bay Street: Bakers Delight. Our fresh fruit and vegetables are sourced from a local supplier and where possible we serve seasonal organic produce as part of our daily menu (We try and hide as many vegetables as possible in all the meals). All of our baked and cooked foods are made at our centres and contain reduced or no salt. The cow's milk we serve children is always organic. Children are given the choice of milk or water at every meal. Our centres are nut free; we do not use any products which contain peanuts or peanut oil. All of our foods are baked, grilled, steamed and are never deep fried. Our

cooks are all trained in food handling and are food supervisors with a passion for cooking. We always welcome suggestions for our menus. (in circumstances beyond our control our menu may change)