

Cooloon Children's Centre Inc.

WEEK 1

MENU PLAN

	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
MORNING TEA	Yogurt Fresh Fruit	Toast /Raisin Toast Fresh Fruit Platter	Hummus and French Onion dips, vegetable sticks Fruit Platter	Weetbix and milk Fruit Platter	Toasted Turkish bread with vegemite and cheese. Fruit Platter
	Water Milk	Water Milk	Water MILO	Water Milk	Water Milk
LUNCH	Spaghetti bolognaises with beef, zucchini, capsicum, grated carrot, and spinach.	Wraps with Egg and salad.	Fruity Island Chicken & Vegetable Curry with whole meal pasta	Tuna and Sweet Corn Bake with raw vegetables	Jacket Baked Potatoes with Baked Beans, Cheese, and sour cream.
	Water	Water	Water	Water	Water
AFTERNOON TEA	Sandwiches Fresh Fruit Platter	Sandwiches Dried and Fresh Fruit Platter.	Sandwiches Fresh Fruit Platter	Sandwiches Fresh Fruit Platter	Sandwiches Fresh Fruit Platter
	Milk	Milk	Milk	Milk	Milk
	Water	Water	Water	Water	Water

Week 2

Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Vegetable Sticks, Hummus, and French Onion Dip Fruit Platter	Toasted /Muffins Crumpets with sliced cheese vegemite. Fruit Platter	Whole meal Crackers with vegemite, cream cheese, and honey Fruit Platter	Multigrain Toast /raisin toast Fruit &Vege Platter	Weetbix with milk Dried & Fresh Fruit
	Water Milk	Water milk	Water milk	Water milk	Water milk
	Mexican Beef and Beans with corn chips and cheese	Zucchini Slice with Bread and Butter	Whole meal Rolls with egg and salad.	Apricot Chicken: mashed potatoes and fresh broccoli	Ham and salad with wraps.
	Water	Water	Water	Water	Water
Afternoon Tea	Sandwiches Dried and Fresh Fruit platter	Sandwiches Pita Bread with Tomato, Cheese,	Sandwiches Raw Vegetable platter, Hummus, and crackers.	Sandwiches Crackers, Vegemite, cream cheese.	Sandwiches Whole meal Crackers Tomato, cheese cucumber
	water milk	water milk	water milk	water Milk	water milk

Week Four
Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Crackers/ Sao's with Ham and cheese	Yogurt	Weetbix with Milk	Whole meal Toast and spreads	Rice/Corn Thins- Ham Cheese, Vegemite,
	Fruit	Fruit	Fruit Platter	Fruit Platter	Fruit
	Water Milk	Water Milk	Water Milk	Water Milk	Water Milk
Lunch	Sausage hotpot with tomato and red kidney beans on Rice	San Choy Bau Beef with rice noodles, bamboo shoots, Lettuce.	Pizza with Ham; cheese.	Chicken and Vegetable Stir-fry with Rice Noodles.	Garden salad with Cheese, Coleslaw and Wraps
	Water	Water	Water	Water	Water
Afternoon Tea	Sandwiches	Sandwiches	Sandwiches	Sandwich	Sandwiches
	Fresh & Dried Fruit	Fruit Platter	Fruit Platter	Dried and Fresh Fruit Platter	Dried and Fresh Fruit Platter.
	Water	Water	Water	Water	Water
	Milk	Milk	Milo	Milk	Milk

Week 3

Menu

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Morning Tea	Hummus and French Onion Dips with vegetable sticks Fruit	Weetbix with milk Fruit	Grilled muffins with cheese/vegemite. Fruit Platter	Yoghurt Fruit.	Toast with ham, cheese, vegemite,
	Water Milk	Water Milk	Water Milk	Water Milk	Water Milk
Lunch	Taco wraps with Lean Beef. Beans. Lettuce, cheese, tomatoes	Ham and salad <ul style="list-style-type: none"> • Lettuce • Tomato • Beetroot • Carrot • Corn • Bread & Butter • Mayonnaise 	Spaghetti Bolognese with hidden vegetables.	Bread Rolls - Assorted fillings.	Chicken Curry with Vegetables and Rice
	Water	Water	Water	Water	Water
Afternoon Tea	Sandwiches Dried/Fresh Fruit	Sandwiches Fruit Platter	Sandwiches Fruit Platter	Sandwiches Fresh and Dried Fruit platter	Sandwiches Fruit Platter
	Water	Water	Water	Water	Water
	Milk	Milk	Milo	Milk	Milk