

## Cooloon Children's Centre Inc.

### Week 1

### Menu

|                      | <u>MONDAY</u>   | <u>TUESDAY</u>  | <u>WEDNESDAY</u>   | <u>THURSDAY</u>  | <u>FRIDAY</u>  |
|----------------------|---|---|--|--|--|
| <b>MORNING TEA</b>   | Crackers<br>Cream<br>Cheese,<br>Tomato and<br>Ham                                     | Raisin Toast<br><br>Fresh<br>Fruit Platter  | Hummus and<br>French Onion<br>dips,<br>vegetable<br>sticks<br><br>Fruit Platter        | Weetbix and<br>milk  | Grilled<br>vegemite<br>and cheese<br>Toasted<br>Turkish<br>bread                             |
|                      | Water<br>Milk   | Water<br>Milk   | Water<br>MILO  | Water<br>Milk  | Water<br>Milk  |
| <b>LUNCH</b>         | Spaghetti<br>bolognaise<br>with beef,<br>grated<br>carrot and<br>spinach<br><br>Fruit | Fried rice<br>with ham,<br>egg, corn on<br>the cob and<br>French Bread<br><br>Citrus,<br>Berries<br>Kiwifruit | Fruity Island<br>Beef &<br>Vegetable<br>Curry with<br>whole meal<br>pasta<br><br>Fruit | Tuna and<br>Sweet Corn<br>Bake with<br>raw<br>vegetables<br><br>Yogurt | Lamb/Beef<br>loaf with<br>mashed<br>potato and<br>vegetables<br><br>Fruit                    |
|                      | Water   | Water   | Water  | Water  | Water  |
| <b>AFTERNOON TEA</b> | Sandwiches<br>Hummus<br>and French<br>Onion dips,<br>vegetable<br>sticks              | Sandwiches<br>Baking<br>JALUM –<br><i>Vegetable<br/>muffins</i>   | Sandwiches<br>Crackers<br>cheese,<br>tomato and<br>cucumber                            | Sandwiches<br>Pita Bread,<br>Avocado and<br>Hummus                     | Sandwiches<br>Whole meal<br>Crackers<br>Vegemite,<br>ham.<br>cheese.<br>Vegetable<br>Sticks. |
|                      | Milk  | Milk  | Milk   | Milk   | Milk   |
|                      | Water   | Water   | Water  | Water  | Water  |

## Week 2

### Menu

|                      | Monday  | Tuesday   | Wednesday  | Thursday   | Friday  |
|----------------------|---|---|--|--|---|
| <b>Morning Tea</b>   | Vegetable sticks,<br>Hummus and French Onion Dip<br><br>Fruit Platter | Toasted /Muffins<br>Crumpets with sliced cheese<br>vegemite and honey | Whole meal Crackers with vegemite, cream cheese and honey  | Multigrain Toast /raisin toast<br><br>Fruit and Vege Platter | Weetbix with Milk   |
|                      | Water/ Milo   | Water /Milk   | Water /Milk  | Water/Milk   | Water/ Milo   |
|                      | Beef and Cheese Pasta Bake with vegetables<br><br>Fruit               | Moroccan Lamb with Vegetables and Couscous<br><br>Fruit Salad         | Whole meal Rolls with salad <ul style="list-style-type: none"> <li>• Salad veg's</li> <li>• Plus Sliced Egg</li> </ul> Citrus, Berries and Kiwifruit | Lasagna with beef and salad<br><br>Dried & Fresh Fruit       | Apricot Chicken: mashed potatoes and fresh green veg<br><br>Fruit                 |
|                      | Water   | Water   | Water  | Water  | Water   |
| <b>Afternoon Tea</b> | Sandwiches<br>Crackers, Vegemite, cream cheese and honey              | Sandwiches<br>Pita Bread, Tomato, cheese cucumber, celery             | Sandwiches<br>Baking. Jalum<br><i>Muesli Fruit Slice</i><br><br>Fresh Fruit Platter  | Sandwiches<br>Cruskits, honey, vegemite, cream cheese.       | Sandwiches<br>Whole meal Crackers<br>Tomato, cheese cucumber<br><br>Fruit Platter |
|                      | Water   | Water   | Water  | Water  | Water   |
|                      | Milk  | Milk  | Milk   | Milk   | Milk  |

## Week 3

### Menu

|                      | <u>Monday</u>  | <u>Tuesday</u>   | <u>Wednesday</u>   | <u>Thursday</u>  | <u>Friday</u>  |
|----------------------|--|--|--|--|--|
| <b>Morning Tea</b>   | Grilled muffins with cheese/vegemite.  | Weetbix with milk  | Hummus and French Onion Dips with vegetable sticks<br><br>Fruit Platter      | Whole meal Crackers with Ham, tomato, cheese, avocado<br>Fruit/ Vege Platter                           | Toast with ham, cheese, vegemite, tomato                                       |
|                      | Water<br>Milk  | Water<br>Milk  | Water<br>Milk  | Water<br>Milk  | Water<br>Milk  |
| <b>Lunch</b>         | Fish and salad <ul style="list-style-type: none"> <li>• Lettuce</li> <li>• Tomato</li> <li>• Beetroot</li> <li>• Carrot</li> <li>• Corn</li> </ul><br>Yogurt | Taco wraps with Lean Beef. Beans. Lettuce, cheese, tomatoes                | Cottage Pie with Beef, mashed Potato and vegetables.                         | Assorted Sandwiches – salad; Beef; Cheese; Vegemite; baked beans. Citrus, Berries and Kiwi Fruit       | Lamb Curry with Vegetables and Rice<br><br>Fruit                               |
|                      | Water  | Water  | Water  | Water  | Water  |
| <b>Afternoon Tea</b> | Sandwiches<br>Cruskits<br>Cream cheese, honey, vegemite<br><br>Dried/Fresh Fruit Platter   | Sandwiches<br>Whole meal Crackers<br>cheese, vegemite<br><br>Fruit Platter | Sandwiches<br>Cheese, gherkins, and cherry tomatoes with Whole meal crackers | JALUM Baking<br><i>Carrot</i><br><i>Banana</i><br><i>Sultana</i><br><i>Muffins.</i><br><br>Fresh Fruit | Sandwiches<br>Cruskits with Hummus, cream cheese vegemite<br><br>Fruit Platter |
|                      | Water  | Water  | Water  | Water  | Water  |
|                      | Milk   | Milk   | Milo   | Milk   | Milk   |

## Week 4

### Menu

|                      | Monday  | Tuesday  | Wednesday   | Thursday  | Friday   |
|----------------------|---|--|---|---|--|
| <b>Morning Tea</b>   | Crackers /Sao's with tomato and cheese  | Hummus and French Onion Dips with vegetable sticks<br><br>Fruit Platter              | Weetbix and milk  | Rice/Corn thins, beef, ham, cheese, vegemite, tomato.                     | Whole meal Toast and spreads   |
|                      | Water<br>Milk   | Water<br>Milo  | Water<br>Milk   | Water<br>Milk   | Water<br>Milk  |
| <b>Lunch</b>         | Beef Sausage Hotpot with tomato and red kidney beans on Rice<br><br>Fruit Platter | San choy Bau Beef with rice noodles, bamboo shoots Lettuce Oyster sauce<br><br>Fruit | Pizza with ham; mushrooms, capsicum and cheese.<br><br>Yogurt | Beef stroganoff with fresh green vegetables and pasta<br><br>Fruit        | Garden salad with Egg, Cheese, Coleslaw and Pita Bread<br><br>Strawberries<br>Citrus,<br>Kiwifruit |
|                      | Water   | Water  | Water   | Water   | Water  |
| <b>Afternoon Tea</b> | Sandwiches Crackers, vegemite, cheese   | Sandwiches Saos, tomato, ham, cucumber, and cheese.                                  | Sandwiches Crackers, Hummus and Dip<br><br>Fruit Platter      | Sandwiches Cruskits with vegemite cream cheese<br><br>Dried Fruit Platter | Sandwiches JALUM Baking <i>Anzac Slice</i> .   |
|                      | Water   | Water  | Water   | Water   | Water  |
|                      | Milk  | Milk   | Milo  | Milk  | Milk   |