

South Melbourne Childcare Co-operative - Summer

Week 1 : 6 - 10 November

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food		Public Holiday	Fruit Platter	Fruit Platter	Fruit Platter
	Drink	Milk and Water		Milk and water	Milk and water	Milk and water
LUNCH	Food	Beef with broccoli served on rice (Beef minced, broccoli, brown & jasmine rice)		Mexican beef in wholemeal bread (Beef minced, kidney beans & wholemeal bread)	Chicken & vegetable sausage rolls (Minced chicken, grated carrot, zucchini & puff pastry)	Tuna pasta with mixed vegetables (Pasta, tuna, passata, carrot, peas & corn)
	Drink	Water		Water	Water	Water
AFTERNOON TEA	Food	Wattle seed & chocolate chip cookies		Rice crackers served with cheese, vegetable sticks & tzatziki dip	Yoghurt & toasted muesli	Cinnamon Scrolls
	Drink	Milk and Water		Milk and water	Milk and water <u>Favourite Meal:</u> Arabella, Hugo, George, Matilda, Carter, Leo, Mari & Willow	Milk and water

Water Water is freely available throughout the day

Allergies Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

South Melbourne Childcare Co-operative - Summer Menu

Week 2: 13 - 17 November

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food	Honey soy chicken served on egg noodles (Diced chicken, soy sauce honey soy, green beans & egg noodles)	Special fried rice (jasmine & brown rice, bacon, mixed vegetables carrot, peas & corn)	Beef & lentil burgers served on lettuce, tomato & cucumber (Beef minced, lentil, bread roll, lettuce, tomato & cucumber)	Pasta in tomato & basil sauce (Pasta, passata, basil, mixed vegetables, carrot, peas & corn)	Chilli con carne served on naan bread (Beef minced, kidney beans, mixed vegetables, naan bread)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Chia & yoghurt muffin	Assorted sandwiches	Orange cake	Banana & blueberry loaf	Pancakes
	Drink	Milk and water	Milk and water	Milk and water	Milk and water <u>Favourite Meal:</u> Tom F, Harry F, Sebastian M & Florence L	Milk and water
Water	Water is freely available throughout the day					
Allergies	Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual needs.					

South Melbourne Childcare Co-operative - Summer Menu
Week 3 : 20 - 24 November 2023

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food	Pork casserole with mixed vegetables served on rice (minced pork, rice, mixed vegetables, carrot, peas & corn)	Chicken stroganoff & vegetables served on wholemeal wrap (Chicken thigh, carrot peas & wholemeal wrap)	Ham & vegetable pizza (Ham, cheese & pineapple)	Beef & mushroom pie (Beef minced, puff pastry, carrot, corn & green beans)	Pasta bolognaise with lentils & mixed vegetables (Beef mince, pasta, lentils, carrot, corn & peas)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Yoghurt & chia muffins	Cheese scones	Lemon myrtle cookies	Pineapple cake	Rice crackers with cheese & vegetable sticks
	Drink	Milk and water	Milk and water	Milk and water <u>Favourite Meal;</u> Harrison, Darcy, Evie H, Stevie S	Milk and water	Milk and water

Water Water is freely available throughout the day

Allergies Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

South Melbourne Childcare Co-operative - Summer Menu

Week 4 : 27 November - 1 December 2023

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food	Chicken burrito (chicken thigh, wholemeal wrap, lettuce, tomato & cucumber)	Savoury mince & vegetables served on rice and mashed potato (Beef minced, mixed vegetables, potato & rice)	Tuna pasta with sundried tomato & mixed vegetables (Tuna, passata, pasta, carrot, corn & peas)	Beef sausage rolls with grated carrot & zucchini (Beef minced, puff pastry, grated carrot & zucchini)	Chicken teriyaki served on egg noodles (Chicken thigh, soy sauce, green beans & egg noodles)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Chocolate chip & banana slice	Ham & cheese muffins	Apple cake	Banana & blueberry loaf	Yoghurt & toasted muesli
	Drink	Milk and water	Milk and water <u>Favourite meal:</u> Charmaine, Emily W & Brodie	Milk and water	Milk and water	Milk and water
Water	Water is freely available throughout the day					
Allergies	Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual needs.					