

South Melbourne Childcare Co-operative - Spring Menu

Week 1 : September 2nd - 6th

		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 & mash potato (beef mince, mixed vegetable potato / rice)	Tuna Pasta with sundried tomato & mix veg (tuna, passata, pasta)	Beef Sausage Rolls with grated carrot & zucchini (beef mince, puff pastry, grated carrot & zucchini)	Favourite Fried Rice with Aussie pork (basmati/jasmine rice, mice pork, mix vegetable, peas, corn & carrot)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Apple Cake	Rice crackers with cheese, vegetable sticks & tzatziki dip	Banana and Blueberry Muffins	Cheese Scones	Yoghurt and Toasted Muesli
	Drink	Milk and Water	Milk and Water	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.					

South Melbourne Childcare Co-operative - Spring Menu

Week 2 : 9th - 13th September

		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 mix veg, served on rice (pork mince, mixed veg, jasmine / brown rice)	Ham and Vegetable Pizza (ham, crushed pineapple, mushroom, pizza sauce)	Chicken and Mushroom Sauce with mix vegetables served on egg noodles (chicken thigh, fresh mushroom, mixed veg, egg noodles)	Pasta with Tomato & Basil Sauce, Ricotta and Sundried Tomato (pasta, passata, basil, ricotta, sundried tomato)	Beed and Creamy Mushroom Pie (mince beef, mushroom soup / fresh mushroom, mixed veg)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Chocolate Chip Muffins	Banana Oat Cookies	Lemon Myrtle & Chocolate Chip Cookies	Orange Cake	Cheese & Vegemite Sandwiches
	Drink	Milk and water	Milk and water	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.					

South Melbourne Childcare Co-operative - Spring Menu

Week 3 : 16th - 20th September

		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	Mexican Beef with Mixed Vegetables and Wholemeal Wrap (beef mince, mixed vegetable and wholemeal wrap)	Butter Chicken with Green Beans Served on Rice (chicken thigh, green beans, jasmine rice / brown rice)	Beef Sausage Roll with Grated Carrot and Zucchini (beef mince, carrot, zucchini, puff pastry)	Pork Casserole with Mixed Vegetables (pork mince, mix vegetables, naan bread)	Pasta with Lentils and Sundried Tomatoes (pasta, passata, lentils, sundried tomatoes)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Wattle Seed and Chocolate Chip Cookies	Banana and Blueberry Muffins	Cheese Scones	Banana and Chia Muffins	Rice Crackers with Cheese, Vegetable Sticks and Tzatziki Dip
	Drink	Milk and water	Milk and water	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.

South Melbourne Childcare Co-operative - Spring Menu

Week 4 : 23rd - 27th September

		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	Favourite Fried Rice with Aussie Pork (basmati / jasmine rice, pork mince, mixed vegetable, carrot, peas corn)	Chilli con Carne with Capsicum served on Naan bread (beef mince, kidney beans, capsicum, naan bread)	Chicken Teriyaki Served on Egg Noodles (chicken thigh, soya sauce, green beans and egg noodles)	Pasta and Lentil Bolognese (pasta, lentils, passata, grated cheese)	Beef and Creamy Mushroom Stroganoff served on rice (beef mince, mushroom soup / fresh mushroom, jasmine rice, tomato puree)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Yoghurt and Chia Muffins	Lemon Myrtle Cookies	Banana and Mix Berry Loaf	Cheese Scone	Pancakes
	Drink	Milk and water	Milk and water	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.					

South Melbourne Childcare Co-operative - Spring Menu

Week 5 : 30th September - 4th October

		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	Pasta with Sundried Tomato and Basil Sauce (pasta, sundried tomato, passata, mix vegetables, grated cheese)	Honey Soy Chicken served on Noodles (chicken, soy sauce, egg noodles, mixed vegetables)	Lentil and Beef Burger (beef mince, lentil, bread rolls, tomato, lettuce and cucumber)	Tuscan Pork and Vegetables served on Wholemeal Wrap (pork, tomato puree, carrot, peas, corn and wholemeal wrap)	Savoury Mince and Veg served on Rice and Mashed Potato (beef mince, mix vegetables, potato, jasmine / brown rice)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Cheese and Vegemite Sandwiches	Banana and Carrot Muffins	Wattle Seed and Chocolate Chip Cookies	Rice Cracker and Cheese Veg Sticks and Tzatziki Dip	Orange Muffins
	Drink	Milk and water	Milk and water	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.					