

South Melbourne Childcare Co-operative - Winter Menu
Week 1 : 4 -8 August 2025

		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	Beef with Broccoli served on Rice (Beef minced, broccoli, jasmine/brown rice)	Vegetarian Pasta with Sundried Tomatoes& Ricotta Cheese (pasta, passata, sundried toms and ricotta cheese)	Honey Soy Chicken with Green Beans served on Egg Noodles (chicken thigh, honey soy, beans, egg noodles)	Chilli Con Carne served on Naan Bread (beef minced, chillie bean, mixed veg, naan bread)	Special Fried Rice (bacon, jasmine/brown rice, & mixed veg)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Banana & Chocolate Chip Muffins	Cheese Scones	Yoghurt & Toasted Muesli	Orange Muffins	Rice Cracker with Cheese & Vegetable Stick
	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 - Winter Menu

Week 2 : 11 - 15 August 2025

		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	Stir-fry Pork & Naan Bread (minced pork, green beans, naan bread)	Beef Stroganoff served on Rice (beef minced, mushroom, carrot, peas, corn, Jasmin/brown rice)	Tuna Pasta with Sundried Tomato & mixed Veg (tuna, pasta, passata, sundried tomato, peas & carrot)	Savoury Mince with Veg served on Mashed Potato & Rice (minced beef, veg, mashed potato/rice)	Chinese Chicken with Veg served on Egg Noodles (chicken thigh, veg, egg noodles)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Cinnamon Scrolls	Banana & Chocolate Chip Cookies	Assorted Sandwiches	Yoghurt & Chia Seed Muffins	Chocolate Chip Scones
	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 - Winter Menu

Week 3 : 18 - 22 August 2025

		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	Beef in Mushroom Sauce with mixed Veg served on Wholemeal Wrap (beef minced, mushroom, carrot, peas, corn, wholemeal wrap)	Stir Fry Chicken served on Rice & Vegetables (chicken thigh, jasmine/ brown rice, mix veg)	Beef & Veg Sausage Roll (beef minced, puff pastry, carrot & grated zucchini)	Pork Casserole with Mixed Veg served on Naan Bread (pork, mixed veg, naan bread)	Pasta with Tomato & Basil Sauce (pasta, passata, basil, mixed veg, grated cheese)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Yoghurt & Toasted Muesli	Banana & Blueberry Loaf	Rice Cracker, diced Cheese & Vegetable Stick	Cheese Scones	Chocolate Chip Cookies
	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 - Winter Menu
Week 4 : 25 - 29 August 2025

		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	Tuscan Pork with Green Beans (pork minced, green beans, jasmine/brown rice)	Ham & Vegetable Pizza (ham, crushed pineapple, mozzarella cheese)	Chicken Yellow Rice with Mixed Veg (chicken, jasmine rice, mixed veg, turmeric)	Pasta with Tomato & Basil Sauce, Ricotta & Sundried Tomato (pasta, passata, basil, ricotta, sundried tomato)	Beef & Mushroom Pie (Minced beef, mushroom, mixed veg)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Mixed Berry Muffin	Wattle Seed & Chocolate Chip Cookies	Cheese Scones	Assorted Sandwiches	Apple & Cinnamon Loaf
	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 - Winter Menu

Week 5 : 1 - 5 September 2025

		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	Beef Adobo with Mixed Veg served on Naan Bread (beef minced, mix veg, naan bread)	Stir-fry Chicken & Vegetables served on Egg Noodles (chicken diced, mix veg, egg noodles)	Special Fried Rice with Mixed Vegetables (bacon, jasmine/basmati rice, mixed veg)	Chicken Sausage Roll with grated Carrot & Zucchini (Chicken minced, carrot, puff pastry, zucchini)	Tuna Pasta with Ricotta Cheese & Sundried Toms (pasta, passata, tuna, mixed veg)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Anzac Biscuit	Assorted Sandwiches	Chocolate Chip Scones	Yoghurt & Toasted Muesli	Rice Cracker with diced Cheese & Veg Sticks
	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.					