

South Melbourne Childcare Co-operative - Spring Menu

Week 1 : November 3 - 7

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food	Fruit Platter		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, jasmine/brown rice)	PUBLIC HOLIDAY	Honey soy chicken with green beans served on egg noodles (chicken thigh, honey soy, beans, egg noodles)	Mexican beef with veg served on naan bread (Beef minced, mixed veg, naan bread)	Special fried rice (Bacon jasmine/basmati rice mixed veg)
	Drink	Water		Water	Water	Water
AFTERNOON TEA	Food	Banana & Chocolate Chip Muffins		Yoghurt & toasted muesli	Orange muffin	Rice cracker with cheese & veg stick
	Drink	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 : November 10 - 14

		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 picadillo served with naan bread (Minced pork, mixed veg, naan bread)	Chicken & veg sausage roll (Chicken minced, puff pastry, grated cheese, zucchini)	Chicken burrito (Wholemeal wrap, chicken, lettuce, cucumber & tomato)	Teriyaki beef with free beans (Beef minced, green beans, jasmine/brown rice)	Pasta with tomato & basil sauce (Pasta, passata, basil)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Chocolate chip scones	Apple and cinnamon muffin	Yoghurt and toasted muesli	Banana cookies	Cinnamon scrolls
	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 : November 17 - 21

		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 adebo with mixed veg served on rice (Beef minced, mixed veg jasmine/brown rice)	Ham & veg pizza (Ham, crushed pineapple, mozzarella cheese)	Chicken stroganoff with mixed veg, served on egg noodles (Chicken, mushroom, mixed veg, egg noodles)	Stir fry pork with green beans, served on rice (Pork minced, green beans, jasmine/brown rice)	Beef & mushroom pie (Beef minced, mushroom & mixed veg)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Banana muffin	Rice cracker with cheese & veg sticks	Wattle seed and Choc chip cookies	Cheese & Vegemite sandwiches	Anzac biscuit
	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 : November 24 - 28

		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 burger, lettuce, tomato & cucumber (Minced beef, lettuce, tomato, cucumber)	Stir-fry chicken, served on rice & veg (Chicken thigh, mixed veg, jasmine/brown rice)	Beef & veg sausage roll (Beef minced, puff pastry, carrot & grated zucchini)	Pork casserole & veg served on naan bread (Pork minced, mixed veg, naan bread)	Special fried rice (Bacon, mixed veg, jasmine/basmati rice)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Yoghurt & toasted muesli	Banana & chocolate chip cookies	Rice crackers, cheese & vegetable sticks	Cinnamon scrolls	Banana bread
	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.					