

South Melbourne Childcare Co-operative - Winter Menu

Week 1: 30 May - 03 June 2022

		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	Tuna & Red Lentil Pasta Bake (Red lentils, tuna, passata, pasta)	Pumpkin Soup served with Garlic bread (Pumpkin, potato, seasoning garlic bread)	Chicken & chickpea casserole served on rice (Chicken pieces, chickpeas, tomato paste, onion, jasmine rice)	Mexican Beef & mixed vegetables served with Souvlaki bread (Beef mince, tomato puree, kidney beans, mixed veg)	Chicken Sausage roll served with steamed Veg (Chicken mince, egg, puff pastry and seasoning)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Corn Pancake	Carrot & Mix fruit loaf	Vegemite & cheese sandwiches	Egg free Ham and Cheese muffins	Healthy platters
	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: 06 - 10 June 2022

		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 Stroganoff & mixed veg served on rice (Chicken thigh, mushrooms, rainbow veg and jasmine rice)	Savoury Mince with mashed Potato and vegetables (Beef mince, potato and steamed vegetables)	Vegetarian Spiral Pasta with ricotta cheese (Pasta, ricotta cheese, mixed veg and parmesan)	Stir Fry Chicken with rice and vegetables (Chicken thighs, soy sauce, & vegetables, rice)	Ham and Vegetable Pizza (Ham, mushroom, pineapple, tomato paste, homemade dough)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Banana Oatmeal muffins	Vanilla Yoghurt & muesli	Rice crackers & cheese with veg sticks and hummus	Egg free cheese muffins	Mixed berry & banana 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

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South Melbourne Childcare Co-operative - Winter Menu

Week 3 : 13 - 17 June 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food	PUBLIC HOLIDAY	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter
	Drink		Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food		Special Fried Rice and Vegetables (Jasmine rice, bacon, rainbow vegetables)	Roast Chicken in wraps served with buttered vegetables (Chicken thigh, wraps, mixed vegetables)	Tuna on rice with rainbow vegetables (Jasmine rice, tuna, mixed vegetables)	Yum Yum Balls served on rice with vegetables (Beef mince, bacon, mixed veg and jasmine rice)
	Drink		Water	Water	Water	Water
AFTERNOON TEA	Food		Fruit Yoghurt and Chia seed muffins	Cheese & Vegemite Sandwiches	Healthy Platters	Chocolate chip and Banana slice
	Drink		Milk and water	Milk and water	Milk and water	Milk and water

Water Water is freely available throughout the day

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South Melbourne Childcare Co-operative - Winter Menu

Week 4 : 20 - 24 June 2022

		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 Yellow rice with Vegetables (Chicken thighs, jasmine rice and vegetables)	Pork Mince and Carrots with Pasta (Pork mince, pasta, parmesan cheese, tomato & carrots)	Chicken and Vegetable Noodle soup (Diced chicken thigh, noodles and mixed vegetables)	Beef in Mushroom sauce served on rice with Vegetables (Beef mince, mushrooms, rice and vegetables)	Sweet/white potato and Vegetable parcels (Sweet & white potato grated vegetables, puff pastry)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Date loaf	Cheese & Vegemite scrolls	Egg free Banana & chocolate chip cookies	Rice cakes served with tomato and cucumber	Healthy platters
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

Water Water is freely available throughout the day

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