

South Melbourne Childcare Co-operative - Autumn Menu

Week 1 : 1 - 5 April

		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		Beef with broccoli served on rice (Beef minced, broccoli, jasmine/brown rice)	Chicken & vegetable sausage rolls (Chicken minced, puff pastry, carrot & grated zucchini)	Vegetarian pasta with sundried tomatoes & ricotta cheese (Pasta, passata, sundried tomatoes & ricotta cheese)	Butter chicken with green beans served on rice (Chicken thigh, green beans, jasmine/brown rice)
	Drink		Water	Water	Water	Water
AFTERNOON TEA	Food		Chocolate chip cookies	Rice crackers with cheese, vegetable sticks & tzatziki dip	Cheese scones	Orange muffins
	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 - Autumn Menu

Week 2: 8 - 12 April

		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 wholemeal wraps (Minced pork, mixed vegetables, wholemeal wraps)	Beef stroganoff served on rice (Beef minced, mushrooms, carrot, peas, corn & brown rice)	Tuna pasta with sundried tomatoes & mixed vegetables (Tuna, pasta, passata, sundried tomatoes, peas, corn & carrot)	Savoury mince with vegetables served on mashed potato/rice (Minced beef, vegetables, mashed potato/rice)	Chinese chicken with vegetables served on egg noodles (Chicken, vegetables & egg noodles)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Banana & blueberry muffins	Chickpea & chocolate chip cookies	Assorted sandwiches	Yoghurt & toasted muesli	Apple & cinnamon slice
	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 - Autumn Menu

Week 3 : 15 - 19 April

		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 with lettuce, cucumber, tomato (Chicken wholemeal wraps, tomato, lettuce & cucumber)	Ham & vegetable pizza (Ham, cheese, pineapple & pizza sauce)	Special fried rice (Bacon, jasmine/brown rice with mixed vegetables)	Pasta with tomato & basil sauce (Pasta, passata & mixed vegetables)	Chilli con carne with broad beans & mixed vegetables served on Naan bread (Beef minced, broad beans, mixed vegetables & Naan Bread)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Banana cookies	Chia & yoghurt muffins	Cinnamon scrolls	Pineapple cake	Rice crackers with vegetable sticks, cheese & 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 - Autumn Menu

Week 4 : 22 - 26 April

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food	Fruit Platter	Fruit Platter	Fruit Platter	PUBLIC HOLIDAY	Fruit Platter
	Drink	Milk and water	Milk and water	Milk and water		Milk and water
LUNCH	Food	Vegetarian pasta with olives, sundried tomatoes & ricotta cheese (Pasta, ricotta cheese, sundried tomatoes, olives, passata)	Teriyaki chicken with green beans served on egg noodles (Chicken thigh, green beans & egg noodles)	Tuscan pork with vegetables served on rice (Pork minced, tomato puree, mixed vegetables, carrots, peas & corn)		Chicken yellow rice with vegetables (Chicken thigh, jasmine/ brown rice, corn, peas & carrot)
	Drink	Water	Water	Water		Water
AFTERNOON TEA	Food	Wattle seed & chocolate chip cookies	Banana & mixed berry muffins	Apple & cinnamon cake		Cinnamon cake
	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 - Autumn Menu

Week 5 : 29 April - 3 May

		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 served on wholemeal wraps (Beef minced, wholemeal wraps, lettuce, tomato & cucumber)	Beef & vegetable sausage rolls (Minced beef, puff pastry, carrot & grated zucchini)	Pasta with tomato & basil sauce (Pasta, passata, basil, mixed vegetables)	Pork casserole with mixed vegetables served on Naan bread/rice (Pork minced, mixed vegetables, Naan bread/rice)	Stir-fry chicken served on rice with mixed vegetables (Chicken thigh, rice, mixed vegetables)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Apple & cinnamon muffins	Cheese & ham scones	Banana & blueberry loaf	Lemon myrtle & chocolate chip cookies	Chia & yoghurt 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.					