

South Melbourne Childcare Co-operative - Spring Menu

Week 1 : October 7 - 11

		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 vegetable served on wholemeal wrap (beef mince, mushroom, carrot, peas, corn, wholemeal wrap)	Stir-fry chicken served on rice and vegetables (chicken thigh, jasmine / brown rice, mixed vegetables)	Beef and vegetable sausage rolls (beef mince, puff pastry, carrot & grated zucchini)	Por casserole with mixed vegetable served on naan bread	Pasta with tomato and basil sauce (pasta, passata, basil, mixed vegetable)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Yoghurt and toasted muesli	Banana and Blueberry loaf	Ham and cheese scones	Lemon myrtle and chocolate chip cookies	Apple and cinnamon 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.					

South Melbourne Childcare Co-operative - Spring Menu

Week 2 : October 14 - 18

		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 vegetable and wholemeal wraps)	Beef stroganoff served on rice (beef minced, mushroom, carrot, peas, corn, jasmine / brown rice)	Tuna pasta with sundried tomato and mixed vegetables (tuna, pasta, passata, sundried tomato, peas, carrot)	Savoury mice with vegetable served on mashed potato and rice (mince beef, vegetables, mashed potato, rice)	Chinese chicken with vegetables served on egg noodles (chicken thigh, vegetables, egg noodles)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Banana and blueberry muffins	Chickpea and chocolate chip cookies	Assorted sandwiches	Yoghurt and toasted muesli	Rice crackers with cheese, veggie 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 3 : October 21 - 25

		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, ricotta cheese, passata, carrot, corn and peas)	Chicken in mushroom sauce served on eggs noodles (chicken, mushroom soup, fresh mushroom, carrot and corn, egg noodles)	Lentil and beef burger in buns (beef mince, lentil, tomato, cucumber, lettuce, bread rolls)	Ham and Cheese Pizza	Savoury mince and vegetables served on mashed potato and rice (beef mince, mixed vegetables, potato, jasmine / brown rice)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Vegemite and Cheese Sandwiches	Banana and Carrot Muffin	Wattle seed and Choc chip cookies	Orange Muffins	Cheese 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 - Spring Menu

Week 4 : October 28 - November 1

		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 mince, broccoli, jasmine / brown rice)	Vegetarian pasta with sundried tomatoes and ricotta cheese (pasta, passata, sundried tomato and ricotta)	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 mince, chilli bean, mixed vegetables, naan bread)	Special Fried Rice (bacon, jasmine / brown rice and mixed vegetables)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Banana and Chocolate muffin	Cheese Scones	Orange Cake	Yoghurt and Chia muffin	Rice crackers with cheese, veggie sticks, 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.					