

## South Melbourne Childcare Co-operative - Winter Menu

Week 1: 27 June - 01 July 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	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
<b>LUNCH</b>	Food	Vegetarian Pasta with ricotta cheese and fresh carrots and green beans (pasta, ricotta, passata sauce and fresh vegetables)	Chicken with baked beans and broccoli served on rice (chicken thigh, baked beans, broccoli and jasmine rice)	Savoury mince & mashed potato/rice and mixed vegetables (Beef mince, potato, mixed vegetable)	Tuscan pork on souvlaki bread and vegetables (Minced pork, souvlaki bread, carrots, beans)	Roast chicken thighs on wraps served with vegetables (chicken thigh, wraps, beans, carrots, cauliflower, broccoli)
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Sweet corn pancakes	Yoghurt & toasted muesli	Rice crackers with vegetable sticks & hummus dip & cheese	Cheese and Vegemite wholemeal sandwiches	Organge cake
	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: 04 - 08 July 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	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
<b>LUNCH</b>	Food	Beef with mushroom sauce served with mixed veg and rice (Beef mince, mushrooms, carrots, peas, corn and jasmine rice)	Ham & Vegetable Pizza (Ham, pineapple, mozzarella cheese and mushrooms)	Chilli con carne with vegetables served on roti (Beef mince, roti, beans, carrots and cauliflower)	Chicken & chickpea casserole (Chicken thigh, chickpeas, carrots, peas, corn, beans)	Vegetarian parcel with tofu and winter vegetables
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Mixed Berry & banana loaf	Banana cookies	Healthy platters	Rice cakes with cheese, tomato and cucumber	Pineapple 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

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## South Melbourne Childcare Co-operative - Winter Menu

Week 3 : 11 - 15 July 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	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
<b>LUNCH</b>	Food	Tuna and Red Lentil Pasta with mixed vegetables (Tuna, red lentils, pasta, corn, peas & cauliflower)	Chicken Yellow rice with Rainbow vegetables (chicken thighs, jasmine rice, corn, peas and carrots)	Beef & Vegetable sausage rolls (Beef mince, puff pastry, carrots & zucchini)	Pork in tomato sauce served with winter veg and rice	Butter Chicken with vegetables served on rice (chicken, jasmine rice, green beans, carrot)
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Banana and mixed berry muffins	Anzac biscuits	Rice crackers with vegetable sticks and hummus dip	Cheese scrolls	Pikelets (French program)
	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 4 : 18 - 22 July 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	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
<b>LUNCH</b>	Food	Mexican Beef and Vegetables served on souvlaki bread (Beef mince, souvlaki bread, carrots,peas,corn)	Chicken stroganoff with mixed veg served on rice (chicken thighs, carrot mushrooms, pea, spinach)	Pasta Bolognaise with rainbow veg (Beef mince, passata pasta, carrots, peas and corn)	Yum Yum balls served on rice with veg (Beef mince, bacon, carrots, beans, cauliflower, rice)	Pumpkin soup served with garlic bread (Pumpkin, potato, carrots and garlic bread)
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Banana oatmeal muffins	Spinach & cheese loaf	Cheese and Vegemite sandwiches	Healthy Platters	Carrot 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

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## South Melbourne Childcare Co-operative - Winter Menu

Week 4 : 25 - 29 July 2022

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	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
<b>LUNCH</b>	Food	Tuna rice and vegetables (Tuna, rice, carrots, peas and corn)	Pork mince and spiral pasta with fresh vegetables (Pork mince, pasta, carrots, grated zucchini)	Vegetarian Fried Rice with Tofu (Rice, tofu, corn peas and carrots)	Beef stew with Vegetables served on roti bread (Beef mince, capsicum, carrots and snow peas)	Stir Fry Chicken and Vegetables served on rice (Chicken thighs, rice, green beans and carrots)
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Healthy Platters	Fruit yoghurt and chia muffins	Rice crackers with vegetable sticks and hummus dip	Cheese and Vegemite Puff pastry scrolls	Blueberry 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

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