

South Melbourne Childcare Co-operative - Autumn Menu

Week 1 : 7 - 11 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	Beef Adobo with potato served on rice (Beef minced, diced potato, jasmine/brown rice)	Ham and Vegetable Pizza (Ham, mozzarella cheese, pineapple crushed)	Chili con carne Burrito (minced beef, chilli bean, mixed vegetable, wholemeal wrap)	Chicken and yellow rice mixed vegetables (Pasta, passata, grated cheese mixed vegetables)	Beef and Mushroom pasta (Beef minced, mushroom, pasta, passata, grated cheese)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Banana and chocolate chip cookies	Mixed berry muffin	Rice cracker served with cheese and Veg stick	yogurt and toasted muesli	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 - Autumn Menu

Week 2 : 14 - 18 April

		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	Pork casserole with mixed vegetable served on rice (Pork minced, mixed vegetables, jasmine/brown rice)	Beef and vegetable sausage roll (Beef minced, puff pastry, grated carrot and zucchini)	Pasta with tomato and basil sauce (Pasta, passata, basil sauce and mixed vegetable)	Savoury mince with mixed mixed vegetables (Pasta, passata, grated cheese mixed vegetables)	
	Drink	Water	Water	Water	Water	PUBLIC HOLIDAY
AFTERNOON TEA	Food	vegemite and cheese sandwiches	Cheese scones	Banana and chocolate chip muffin	Rice crackers with cheese and veg sticks	
	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 3 : 21- 25 April

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food		Fruit Platter	Fruit Platter	Fruit Platter	
	Drink		Milk and water	Milk and water	Milk and water	
LUNCH	Food		Stir fry beef with broccoli served on rice (Beef minced, broccoli, jasmine/brown rice)	Special fried rice with mixed vegetables (Jasmin rice, bacon mixed vegetable)	Vegetarian pasta with mixed vegetables (Pasta, passata, grated cheese mixed vegetables)	
		PUBLIC HOLIDAY				PUBLIC HOLIDAY
	Drink		Water	Water	Water	
AFTERNOON TEA	Food		Orange muffin	Assorted sandwiches	Lemon myrtle and chocolate chip cookies	
	Drink		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 : 28 April to 2 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	Tuscan pork and vegetable served on rice (Minced pork, diced potato, jasmine/brown rice)	Beef in mushroom sauce served on wholemeal wrap (Beef minced, mushroom sauce, mixed veg, wholemeal wrap)	Chicken and vegetable sausage roll (minced chicken, grated carrot and zucchini puff pastry)	Tuna pasta with mixed vegetables (Pasta, passata, grated cheese mixed vegetables)	Butter chicken, served on rice and green beans (Diced chicken, green beans, jasmine/brown rice)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Chocolate chip slice	Rice cracker with cheese and veg stick	yoghurt and toasted muesli	Cinnamon scrolls	Banana and blueberry muffin
	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 1: 7 - 11 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	Beef Adobo with potato served on rice (Beefminced, diced potato, jasmine/brown rice)	Ham and Vegtabel Pizza (Ham, mozzarella cheese, pineapple crushed)	Chili con carne Burrito (minced beef, chilli bean, mixed vegetable, wholemeal wrap)	Chicken and yellow rice with mixed vegetable (diced chicken, tumeric, mixed vegetable, jasmine/basmati rice)	Beef and Mushroom pasta (Beef minced, mushroom, pasta, passata, grated cheese)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Banana and chocolate chip cookies	Mixed berry muffin	Rice cracker served with cheese and Veg stick	yogurt and toasted museli veg sticks & cheese	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.