

WEEK 3A

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------|---|--|--|--|--|
| BREAKFAST 7.30AM 8.15AM | WHEAT BISCUITS, CORNFLAKES, RICE CRACKLES, PORRIDGE, WHOLEMEAL TOAST. DA, G, SY, V | | | | |
| SNACK 10.30AM | CHEESE & CRACKERS & SLICED GRAPES G, V | FRUITY HOOTY OWLS G, V | RICE CAKES WITH CREAM CHEESE AND STRAWBERRIES G, DA, V | THE VERY HUNGRY CATERPILLAR SANDWICH & APPLE STICKS G, DA, V | VEGGIE PITTA PIZZAS & CUCUMBER STICKS G, DA, V |
| LUNCH 12.15PM | COD / VEG RATOULLE F / V | BUTTER CHICKEN / VEG CURRY V | CREAM CHICKEN / VEG HOTPOT G, DA, /V | BEEF / VEG FAJITAS G/V | STEAK / CHEESE ONION PIE G/V |
| SIDES | PASTA & GARLIC BREAD G/V | RICE & NAAN BREAD G / V | MIXED VEG V | MIXED SALAD & POTATO WEDGES G / V | ASSORTED VEG & MASHED POTATO G / V |
| DESSERT | NATURAL GREEK STYLE YOGURT, BANANA & STRAWBERRIES DA | NATURAL GREEK STYLE YOGURT & APPLES & PEARS DA | NATURAL GREEK STYLE YOGURT & RASPB/ BLUEBERRIES DA | NATURAL GREEK STYLE YOGURT & WATERMELON DA | NATURAL GREEK STYLE YOGURT & GRAPES & MANGO DA |
| TEA 3.15PM | MUFFIN & SCRAMBLED EGG G, E | HAM & CHEESE SANDWICHES G, DA, SY, V | TOM & VEG PASTA G / V | CHICKEN / VEG COUS COUS G / V | CREAM CHEESE PASTA DA, G, V |
| SNACK 4.30PM | NATURAL GREEK STYLE YOGURT & ASST FRUIT DA | NATURAL GREEK STYLE YOGURT & ASST FRUIT DA | NATURAL GREEK STYLE YOGURT & ASST FRUIT DA | NATURAL GREEK STYLE YOGURT & ASST FRUIT DA | NATURAL GREEK STYLE YOGURT & ASST FRUIT DA |
| DRINK | WHOLE MILK AVAILABLE FOR BREAKFAST & SNACK TIME, WATER AVAILABLE ALL DAY | | | | |

All meals are prepared on site daily by our skilled cooks. All dishes will be modified to accommodate all dietary requirements.

Each meal is planned to provide the following % of a child's daily nutritional requirements

Breakfast = 20%, Mid-Morning Snack 10%, Lunch 30%, Tea 20% & Afternoon Snack 10%

Where allergens are present, it is displayed next to the appropriate meal GLUTEN – **G**, EGG – **E**, FISH – **F**, NUTS – **N**, PEANUTS – **PN**, SOYA – **SY**,

DAIRY – **DA**, CELERY – **CE**, MUSTARD – **MU**, SESAME - **SE**, SULPHITES – **SU**, LUPIN – **LU**, SHELLFISH – **SF** (Crustaceans and Molluscs), (**V**) VEGETARIAN