

SAMPLE OF OUR MENU

MENU 4 2011 WEEK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit Salad and milk 	Fruit Salad and milk 	Fruit Salad and milk 	Fruit Salad and milk 	Fruit Salad and milk 
LUNCH	Chicken Stir-fry  (chicken breast, broccoli, capsicum, corn, celery and onion served with rice)	Junior Rissotto  (mince, rice, corn, beans, carrots, broccoli and cheese)	Greek Pasta  (Pasta, eg, bacon, cheese, carrots, beans, broccoli)	Beef & vegie bake  (roast beef, roast pumpkin, roast potato, roast carrot, broccoli, onion, peas, corn with V8 vegetable juice served with rice)	Spaghetti Bolognese  (meat, pasta, onion, cheese, broccoli, carrots)
DESSERT	Banana & Yoghurt	Custard and Cake	Custard & Jelly	Apple & custard	Jelly & custard
AFTERNOON TEA	Cheese sandwiches	Vegemite sandwiches	Scones with jam	Cheese & Crackers	Pikelets with honey
<p>WATER IS AVAILABLE THROUGHOUT THE DAY </p>					