

CENTRE MENU - SUMMER

WEEK 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------|--|---|---|--|---|
| Breakfast | Weetbix, Rice Puffs or Corn Flakes served with Milk or/and Toast with Vegemite or Jam. | | | | |
| Morning Tea | A selection of seasonal fruit and salad vegetables served with a choice of milk or water. | | | | |
| Lunch | Russian Beef Stroganoff with penne pasta and green vegetables | Pakistani Chicken Pilau (A mix of chicken, vegetables, rice and spices) | Japanese Pork and Ramen Noodle Stir Fry | Crumbed Fish fillets, with mash potato and mixed vegetables (carrot, peas, corn & beans) | Vegetarian Lasagne (includes spinach, beans & zucchini) |
| Afternoon Tea | Mezze Nibble Platter: Cheese, dip, raw vegies, dried fruit with rice crackers | Sultana & Oat Cookies. | Vanilla Greek yoghurt with tinned fruit | Pizza scrolls, made with Greek yoghurt pastry, oregano, tomato, cheese & pineapple | American pumpkin pie scones, served with maple syrup |
| Late Snack 5.30pm | <p><i>This is just a small snack for children still at the Centre to help tide them over to dinner time when they arrive home.</i></p> <p><i>This snack consists of different foods from our daily menu.</i></p> | | | | |

Self-serve water stations are available in all rooms.

Allergies and food preferences are readily catered for in this centre. Please feel free to discuss with staff.

CENTRE MENU - SUMMER

WEEK 2

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------|--|---|--|--|--|
| Breakfast | Weetbix, Rice Puffs or Corn Flakes served with Milk or/and Toast with Vegemite or Jam. | | | | |
| Morning Tea | A selection of seasonal fruit and salad vegetables served with a choice of milk or water. | | | | |
| Lunch | Sandwiches made with a selection of cold meats, salad and cheese fillings | South African (inspired) Beef Bobotie | Indian Butter Chicken with vegetables and steamed basmati rice | Italian Pork Bolognese, served with Garlic Bread | Fish & Vegetables with Japanese Udon Noodles |
| Afternoon Tea | Spinach and cheese damper | Mezze Nibble Platter: Cheese, dip, raw vegies, dried fruit with rice crackers | Cornflake Cookies | Vanilla scones served with jam | Warm Apple & Oats served with Custard |
| Late Snack 5.30pm | <p><i>This is just a small snack for children still at the Centre to help tide them over to dinner time when they arrive home.</i></p> <p><i>This snack consists of different foods from our daily menu.</i></p> | | | | |

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WEEK 3

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------|--|---------------------------------------|---|---|--|
| Breakfast | Weetbix, Rice Puffs or Corn Flakes served with Milk or/and Toast with Vegemite or Jam. | | | | |
| Morning Tea | A selection of seasonal fruit and salad vegetables served with a choice of milk or water. | | | | |
| Lunch | Indian Goan fish curry served with basmati rice | Greek Lamb Ragu with fettuccini pasta | Savoury Beef mince and diced potatoes, served with grated cheese | Mexican Chicken taco boats, with lettuce, cheese, tomato & sour cream | Vietnamese style Pork, vegetable & rice stir fry |
| Afternoon Tea | Vegemite & cheese scrolls, made with Greek yoghurt pastry. | Pizza muffins | Mezze Nibble Platter: Cheese, dip, raw vegies, dried fruit with rice crackers | Sandwiches made with cold meats, cheese and vegemite | Carrot, sultana & maple syrup loaf. |
| Late Snack 5.30pm | <p><i>This is just a small snack for children still at the Centre to help tide them over to dinner time when they arrive home.</i></p> <p><i>This snack consists of different foods from our daily menu.</i></p> | | | | |

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WEEK 4

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------|--|---|---|---|---|
| Breakfast | Weetbix,, Rice Puffs or Corn Flakes served with Milk or/and Toast with Vegemite or Jam. | | | | |
| Morning Tea | A selection of seasonal fruit and salad vegetables served with a choice of milk or water. | | | | |
| Lunch | Chinese Pork chow mein with steamed rice | Crumbed Fish with corn, carrot, peas,beans and potato mash. | Wraps & pita bread with a selection of cold meats salads and cheese | French Beef Bourguignon served on spiral pasta | Indian chicken korma with vegetables & rice |
| Afternoon Tea | Zucchini scones served spread with chutney. | Warm peach & pear oats with vanilla yoghurt | Raspberry, quinoa & Coconut loaf | Mezze Nibble Platter: Cheese, dip, raw vegies, dried fruit with rice crackers | Sweet Potato, kale, basil & chive muffins |
| Late Snack 5.30pm | <p><i>This is just a small snack for children still at the Centre to help tide them over to dinner time when they arrive home.</i></p> <p><i>This snack consists of different foods from our daily menu.</i></p> | | | | |

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CENTRE MENU - SUMMER

WEEK 5

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------|--|---------------------------------------|----------------------------------|---|---|
| Breakfast | Weetbix, Rice Puffs or Corn Flakes served with Milk or/and Toast with Vegemite or Jam. | | | | |
| Morning Tea | A selection of seasonal fruit and salad vegetables served with a choice of milk or water. | | | | |
| Lunch | Italian Chicken & basil fettucine | Chinese pork and vegetable fried rice | Tuna, corn & mushroom pasta bake | Spiced Moroccan Lamb with vegetables, chickpeas & fragrant rice | Thai Beef & vegetables with Hokkien Noodles |
| Afternoon Tea | Sandwiches, made with a selection of cold meats, cheese and vegemite | Mango, pineapple & banana bread | Spiced Apple muffins | Cheese & herb tortilla toasties | Mezze Nibble Platter: Cheese, dip, raw vegies, dried fruit with rice crackers |
| Late Snack 5.30pm | <p><i>This is just a small snack for children still at the Centre to help tide them over to dinner time when they arrive home.</i></p> <p><i>This snack consists of different foods from our daily menu.</i></p> | | | | |

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