

CENTRE MENU - WINTER

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	Chinese Pork Stir Fry with Hokkien Noodles	Italian Beef, Mushroom & Zucchini Lasagne	Chicken & Vegetable Casserole with Corn Mash top.	Indian Yellow Fish Curry with Basmati Rice	Garlic, parsnip & white bean soup served with garlic bread
Afternoon Tea	Mezze Nibble Platter: Cheese, dip, raw vegies, dried fruit with rice crackers	Muesli Cookies	Oat, Blueberry & Vanilla Muffins	Pineapple Fruit Bread	Vanilla Greek Yoghurt & tinned fruit
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.

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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	Indian Lamb Rogan Josh with Basmati Rice	Mexican Pork Chilli Con Carne served with sour cream & Corn Chips	Hungarian Beef Goulash served with Potato Mash	Cous cous, pumpkin & sweet potato Soup & Garlic Bread	Creamy Tuna Mornay served with pasta
Afternoon Tea	Mixed Sandwiches with a selection of cold meats, salad and cheese	Potato, Bacon & Herb Muffins	Mezze Nibble Platter: Cheese, dip, raw vegies, dried fruit with rice crackers	Warm buttered Raisin Toast	Warm Apple & Oats served with Custard
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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	Creamy corn & bacon chowder, served with Garlic bread	Spanish Fish, Quinoa & Bean Paella	Pork with a creamy parsnip sauce over Penne Pasta	Irish Lamb & Vegetable Stew with Potato & Cabbage Mash	Chicken, Lentil & Spinach Lasagne
Afternoon Tea	Banana Fritters Spread with Margarine	Cauliflower & Cheese Muffins	Mexican Refried Beans & cheese tortilla toasties	Bacon, capsicum, cheese & garlic Muffins	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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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	Chicken Stroganoff with fettuccine & green vegetables	Italian Vegie & pasta Minestrone Soup & Garlic bread	Crumbed Fish with corn, carrot, peas and potato mash.	Teriyaki Pork with Coconut Rice	Crispy Mashed Topped Beef Cottage Pie
Afternoon Tea	Spinach & bush herb damper	Warm peach & pear oats with vanilla yoghurt	Mixed Sandwiches with a selection of cold meats, salad & cheese	Mezze Nibble Platter: Cheese, dip, raw vegies, dried fruit with rice crackers	Beetroot & thyme 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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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	Zucchini, Potato and Parmesan Soup & Buttered Wholemeal Triangle	Portuguese Chicken & Vegetables with Potato Mash	Tuscan Lamb Casserole served with Rice	Sesame Beef with Singapore Noodles	Filipino Pork Menudo served with Basmati Rice
Afternoon Tea	Tinned fruit & Vanilla Greek Yoghurt	Mezze Nibble Platter: Cheese, dip, raw vegies, dried fruit with rice crackers	Basil, parmesan & capsicum scones	Warm Blueberry & Oats served with Custard	Banana & Oat 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. This snack consists of different foods from our daily menu.</i></p>				

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