



OUR SEPTEMBER MENU:

BREAKFAST 7 to 8.30am	Fresh fruit, wholemeal toast, raisin toast, muesli, yogurt, Oats and/or cereals are served daily and on occasion: eggs, baked beans, cheese toasties and pancakes.
DRINKS	Water and Milk will be available, and on occasion milo milk and smoothies
Awareness	Alternate or substitute food will be provided for children who have food allergies, intolerances, cultural and religious food restrictions.
Dislikes	If your child does not like a food provided on the days they attend, please remember to pack them something extra in their lunch box for them to eat at afternoon teatime.
Created by	Children's suggestions, parent and children's surveys, staff feedback, menu critical reflections

AFTERNOON TEA		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Week A	3.10 to 3.30pm Afternoon tea	Hot Dogs Fruit/ Salad Crackers	Fried rice with ham and veggies w Chicken Tenders Fresh fruit	Tacos with mince, cheese, salad, sour cream, salsa with fresh veggies	Assorted Wraps With Ham, Tuna, Chicken, cheese and salad. fresh fruit	Homemade Spring Rolls w Dim Sims
Week B	3.10 to 3.30pm Afternoon tea	Vermicelli Noodle Salad Carrot, Cabbage, ben sprouts and coriander With fresh fruit	Cheesy Pasta with fresh fruit	Spaghetti Bolognese w Cheese and Fresh Fruit	Butter Chicken with Rice and Naan Bread	Chicken and Tuna Sushi Rolls
Week C	3.10 to 3.30pm Afternoon tea	Mini Pizzas with veggies, chicken, ham and cheese Fresh Fruit	Ham, Cheese and Vegemite Scrolls	Chicken Pesto Pasta With Loaded Veggies	Spaghetti Bolognese w Cheese	Chicken Wraps w Salad and Fruit
Week D	3.10 to 3.30pm Afternoon tea	Fish Wraps with summer fruit and veggies	SURPRISE MENU USING CHILDREN'S SUGGESTIONS	Butter Chicken with Rice and Naan Bread	Nacho's/Taco's with Turkey Mince, cheese, sour cream, guacamole and salad and fresh fruit	Turkey Mince and Chive Dumplings
This Menu Rotates Every Four Weeks Available						
Drinking Water Is Always Available						