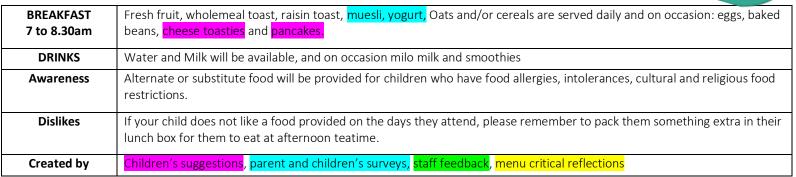


OUR SEPTEMBER MENU:



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 <mark>w Chicken Tenders</mark> 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 Drinking Water Is Always Available						