

## South Melbourne Childcare Co-operative - Summer Menu

### Week 1: January 13 - 17

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Food	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
<b>LUNCH</b>	Food	Chicken burrito (Chicken thigh, wholemeal wrap, lettuce, tomato & cucumber)	Stir-fry beef with broccoli served on rice (Beef minced, broccoli & jasmine rice/brown rice)	Pasta with tomato & basil sauce with lentils (Pasta, passata, lentils, ricotta cheese & mixed vegetables)	Mexican pork served on naan bread (Minced pork, chilli bean, mixed vegetables & naan bread)	Special fried rice with mixed vegetables (Bacon, jasmine rice & mixed vegetables)
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Banana oat muffins	Rice crackers with cheese & vegetable sticks	Assorted sandwiches	Orange muffins	Lemon myrtle chocolate chip muffins
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Water	Water is freely available throughout the day					
Allergies	Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual needs.					

## South Melbourne Childcare Co-operative - Summer Menu

Week 2 : January 20 -24

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Food	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
<b>LUNCH</b>	Food	Pasta with tomato and Basil Sauce (pasta, passata, basil sauce, mixed vegetables)	Savoury mince with mixed vegetables (Beef minced, mixed vegetables, wholemeal wrap)	Pork casserole with mixed vegetables served on rice (Pork mince, mixed vegetables, jasmine/brown rice)	Beef vegetable sausage rolls (Beef minced, puff pastry, grated carrot and zucchini)	Chicken stir fry served on egg noodles (Chicken thigh, green beans, egg noodles)
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Vegemite and Cheese Sandwiches	Banana and Chocolate Muffin	Chocolate Chip Cookies	Rice Crackers with veg sticks, cheese and tzatziki	Yoghurt and Toasted Muesli
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water

Water Water is freely available throughout the day

Allergies Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

## South Melbourne Childcare Co-operative - Summer Menu

### Week 3 : Jan 27 - 31

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Food		Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter
	Drink		Milk and water	Milk and water	Milk and water	Milk and water
<b>LUNCH</b>	Food		Tuscan pork & vegetables served on rice (Minced pork, tomato sauce & mixed vegetables)	Ham & Vegetable Pizza	Savoury mince & veg served on wholemeal wraps (Beef minced, veg & wholemeal wrap)	Pasta with lentils & ricotta cheese (Pasta, passata, lentils & ricotta cheese)
		Australia Day				
	Drink		Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food		Chocolate Chip Slice	Banana & blueberry muffins	Yoghurt & toasted museli	Rice crackers with cheese & vegetable sticks
	Drink		Milk and water	Milk and water	Milk and water	Milk and water

Water Water is freely available throughout the day

Allergies Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual needs.