

South Melbourne Childcare Co-operative - Winter Menu

Week 1 : 5 - 9 August

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	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
LUNCH	Food	Pork casserole w/ mixed vegetables served on rice (pork mince, mixed vegetables, jasmine / brown rice)	Ham and vegetable pizza (ham, crushed pineapple, mushroom, sauce & mozzarella cheese)	Chicken & mushroom sauce with mixed vegetables served on egg noodles (chicken thigh, fresh mushroom, mixed veg, egg noodles)	Pasta with tomato & basil sauce, ricotta, and sundried tomato (pasta, passata, basil, ricotta, sundried tomato)	Chicken noodle soup & vegetables served on garlic bread (chicken thigh, noodles, vegetable, garlic bread)
	Drink	Water	Water	Water	Water	Water
	AFTERNOON TEA	Food	Banana & chocolate chip muffins	Rice crackers with cheese, vegetable sticks & tzatziki dip	Lemon myrtle and chocolate chip cookies	Orange cake
	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 - Winter Menu

Week 2 : 12 - 16 August

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	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
LUNCH	Food	Beef broccoli served on naan bread (beef mince, broccoli, naan bread)	Butter chicken w/ green beans served on rice (chicken thigh, green beans, jasmine / brown rice)	Tuna pasta with lentils and mixes vegetables (Pasta, passata, tuna, lentils, mixed vegetables)	Beef mushroom pie with mixed vegetables (beef mince, mushroom, mixed vegetable, puff pastry)	Special fried rice (bacon, jasmine / basmati rice, mixed vegetables)
	Drink	Water	Water	Water	Water	Water
	AFTERNOON TEA	Food	Chocolate chip slice	Banana cookies	Pineapple cake	Cheese and vegemite sandwiches
	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 - Winter Menu

Week 3 : 19 - 23 August

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	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
LUNCH	Food	Modified lamb moussaka with red lentils served with wholemeal wrap (minced lamb, red lentil, wholemeal wrap)	Chicken stroganoff with mixed vegetables served on rice (chicken thigh, mushroom, mixed vegetables, jasmine / brown rice)	Beef sausage rolls (beef mince, puff pastry, grated carrot and zucchini)	Savoury mince with mixed vegetables served on rice and mashed potato (beef, mixed vegetables, jasmine / brown rice, mashed potato)	Pasta with tomato and basil sauce with mixed vegetables (pasta, passata, fresh basil, mixed vegetables)
	Drink	Water	Water	Water	Water	Water
	AFTERNOON TEA	Food	Vanilla yoghurt and toasted muesli	Banana bread	Ham and cheese scones	Apple 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 - Winter Menu

Week 4 : 26 - 30 August

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	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
LUNCH	Food	Mexican beef with mixed vegetables	Stir fry chicken with green beans served on rice	Pork casserole with mixed vegetables served on naan bread	Pasta with lentil and sundried tomatoes	Pumpkin soup and garlic bread
		(beef mince, mixed vegetables, wholemeal wrap)	(chicken, green beans, jasmine / brown rice)	(pork mince, mixed vegetables and naan bread)	(pasta, passata, lentil, sundried tomato)	(fresh pumpkin, garlic bread)
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Wattle seed and chocolate chip cookies	Banana and blueberry muffin	Pineapple muffins	Cheese scones	Rice crackers, cheese, veggie sticks and tzatziki
	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.