

Centre Menu - Week one

Version Date: August 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Drink: Milk and water	Custard and Fruit GF	Spring rolls Veg	Pikelets GF	Smoothie GF	Muffin splits With jam and marmite GF option
	Fresh Fruit Platter				
Lunch Drink: water	Crumbled fish cakes Mashed potato & pumpkin GF / Veg	Beef Lasagne GF / Veg	Potato and Vegetable bake GF / Veg	Spring Vegetable Pie GF / Veg	Mince pasta bake with vegetable GF / Veg
	Fishless Vege Fillets Mashed potato & pumpkin	Quorn Vegetarian Soy Free Mince (with GF pasta) Lasagne			Quorn Vegetarian Soy Free Mince (with GF pasta)
	Mashed Seasonal vegetables				
Afternoon Tea Drink: water	Chocolate chip Muffins GF option	Cream cheese spread and corn thins GF	Sandwiches Jam & Marmite GF bread	Banana Cake GF option	Mini apple, pear and Cinnamon muffins GF Option
	Fresh Fruit Platter				
Late snack	May include crackers, biscuits or fresh fruit				

Centre Menu - Week Two

Version Date: August 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Drink: Milk and water	Carrot Cake Muffins GF Option	Cheese and crackers GF Cracker Option	Crumpets GF Bread	Spaghetti and Bake beans cases GF Bread	Smoothie
	Fresh Fruit Platter				
Lunch Drink: water	Tuna Bake with Vegetables GF pasta option	Corn Silverside and mash potatoes and peas GF	Carrot, Zucchini & Bacon Slice GF option	Roasted pumpkin and Bacon Pasta Bake GF / Veg	Maggi Slow Cooker Recipe Base Beef Casserole GF
	Veg Kumara Rosti	Veg Falafel with mash potatoes and peas.	GF / Veg Carrot & Zucchini Slice	GF / Veg Roasted pumpkin and Pasta Bake	GF / Veg Vegetable quiche
	Mashed Seasonal vegetables				
Afternoon Tea Drink: water	Apple crumble with yoghurt GF Option	Sandwiches Jam & Marmite GF Bread	Chocolate chip biscuits GF Option	Banana Bread GF Option	Cinnamon and apple muffins GF Option
	Fresh Fruit Platter				
Late snack	May include crackers, biscuits or fresh fruit				

Centre Menu - Week three

Version Date: April 2022

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Drink: Milk and water	Vanilla muffins GF Option	Cheese on Toast GF Bread		Pizza GF / Veg option	Fish Fingers
	Fresh Fruit Platter				
Lunch Drink: water	Corn, Bacon and Courgette Rice Slice GF	Spaghetti Bolognese cases with mash vegetables	Pasta and Corn Frittatas GF / Veg	Cheesy Chicken Pasta Bake	Cottage Pie
	Veg Corn, and Courgette Rice Slice	GF / Veg Macaroni Cheese		Veg: Quorn Vegetarian Pieces	Veg Quorn Vegetarian Soy Free Mince
	Mashed Seasonal vegetables				
Afternoon Tea Drink: water	Sandwiches Jam & Marmite GF Bread	Yogurt and Fruit	Berry Muffins GF Option	Savoury Muffins GF / Veg Option	Sausage Rolls Veg :Spring rolls
	Fresh Fruit Platter				
Late snack	May include crackers, biscuits or fresh fruit				

Note:

- All bread will be wholemeal or wheat meal
 - All cheese is Edan
- Mixed vegetable may include carrots, peas, corn, broccoli, cauliflower, capsicum, pumpkin, parsnip beans
 - We also provide fresh mashed vegetables for our under one year olds.

We cater for all food preferences and food allergies Eg: Vegetarian, Gluten, Dairy