

MENU - WEEK 1

MONDAY Curry chicken with potato, pumpkin and cabbage

Morning tea: Toast

Afternoon tea: Sandwiches (ham, cheese and vegemite)

TUESDAY Meatloaf and gravy with potato, pumpkin and mixed vegetables

Morning tea: Muffins

Afternoon Tea: Sandwiches (ham, cheese and vegemite)

WEDNESDAY Honey Soy Chicken with potato and mixed vegetables

Morning tea: Fruit loaf

Afternoon tea: Apple crumble and yoghurt

THURSDAY Baked beans and sausages with potato and broccoli

Morning tea: Toast

Afternoon tea: Sandwiches (ham, cheese and vegemite)

FRIDAY Chilli con carne with rice (vegetables for babies)

Morning tea: Fruit loaf

Afternoon tea: Rock cakes

Late afternoon snack: Peckish Sweet Carrot biscuits with cheese, sultanas and dried apricots

Fruit with all breaks, water and milk with morning and afternoon breaks.