

FCM SUMMER MENU WEEK 1

	MONDAY (LAMB)	TUESDAY (CHICKEN)	WEDNESDAY (FISH)	THURSDAY (BEEF)	FRIDAY (VEGETARIAN)
MORNING TEA	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection
LUNCH MEAL MAIN	Sapa Sui	Chicken Fried Rice	Fish Sliders	Meatballs with Israeli Couscous & Kumara	Corn & Zucchini Fritters
LUNCH MEAL SIDE DISH	Cheese on Crackers	Broccoli & Chickpea Salad	No Side Dish Today	Unsweetened Yoghurt	Toasted Chickpea & Kumara Salad
AFTERNOON TEA	Yoghurt & Berry Smoothie	Grilled Toast with Cheese & Tomato	Beetroot/Hummus Dips with Brown Rice Crackers	Cottage Cheese & Cucumber on Toast	Savoury Scones

***Water is served with ALL meals and is readily available throughout the day.**

***Fresh fruit/vege platters are readily available throughout both the morning and the afternoon.**

***A light late snack will be offered to all children who are still on FCM premises after 4pm.**

FCM SUMMER MENU WEEK 2

	MONDAY (LAMB)	TUESDAY (VEGETARIAN)	WEDNESDAY (BEEF)	THURSDAY (CHICKEN)	FRIDAY (FISH)
MORNING TEA	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection
LUNCH MEAL MAIN	Lamb & Potato Curry	Spinach Lasagne	Beef Wraps	Teriyaki Chicken	Salmon Fish Pie
LUNCH MEAL SIDE DISH	Unsweetened Yoghurt	Toasted Chickpea & Kumara Salad	Pumpkin Hummus with Celery & Cheese Sticks	Broccoli & Cauliflower in Cheese Sauce	Crackers with Cottage Cheese
AFTERNOON TEA	Savoury Scones	Cheese on Crackers	Popcorn	Grilled Toast with Cheese & Tomato	Homemade Baking

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FCM SUMMER MENU WEEK 3

	MONDAY (BEEF)	TUESDAY (CHICKEN)	WEDNESDAY (FISH)	THURSDAY (LAMB)	FRIDAY (VEGETARIAN)
MORNING TEA	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection
LUNCH MEAL MAIN	Spaghetti Bolognese	Mild Chicken Vegetable Curry	Salmon & Pasta Bake	Lamb Koftas with Couscous & Yoghurt Dip	Vegetable Fritters
LUNCH MEAL SIDE DISH	Broccoli & Broad Beans in White Sauce	Toasted Chickpea & Kumara Salad	Cottage Cheese & Tomato on Toast	Beetroot hummus with Vege Sticks	Unsweetened Yoghurt
AFTERNOON TEA	Homemade Cheese Biscuits	Pita Pocket Pizzas	Homemade Baking	Cheese & Pickle Sandwiches	Crackers with Cottage Cheese & Cucumber

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FCM SUMMER MENU WEEK 4

	MONDAY (BEEF)	TUESDAY (FISH)	WEDNESDAY (VEGETARIAN)	THURSDAY (CHICKEN)	FRIDAY (LAMB)
MORNING TEA	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection	Fresh Fruit & Vege Selection
LUNCH MEAL MAIN	Mince Nachos	Tuna Noodle Salad	Spinach & Corn Quesadillas	Sweet 'n' Sour Chicken with Lemon Couscous	Lamb Burgers
LUNCH MEAL SIDE DISH	Roast Vegetables	Grilled Cheese on Toast	Broccoli & Chickpea Salad	Cheese & Pickle Sandwiches	Unsweetened Yoghurt
AFTERNOON TEA	Pikelets with Raspberry Jam	Banana Yoghurt Muffins	Cucumber & Cottage Cheese Sandwiches	Crackers with Hummus, Tomato, Cucumber & Cheese	Homemade Baking

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