

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Macaroni Cheese Side Dish: Roast vegies	Chicken Fried rice Side Dish: Cucumber & Carrot Sticks with dip	Fish sliders Side Dish: Yoghurt	Meatballs couscous & Roast Vegies Side Dish: Toast fingers	Vegetable fritters Green salad Side Dish: Crackers & hummus
WEEK 2	Chicken Risotto Side Dish: Kumara & Orange salad	Chicken noodle Salad Side Dish: Yoghurt	Mince Nachos with corn Chips & sour cream Side Dish: Toast fingers	Vegetable Quesadilla Side Dish: Tomato & Cucumber Salad	Nido & Young Community: Lemon chicken steamed rice. Casa: Chicken filled rolls (Assembled by the children) Side dish: Seasonal vegetables
WEEK 3	Spaghetti Bolognese with vermicelli Side Dish: Roast vegetables	Mild chicken vegetable curry Side Dish: Cucumber sandwiches	Teriyaki Chicken with vermicelli Side Dish: Cheese and crackers	Lamb Koftas with lemon couscous & yoghurt dressing Side: Corn chips & Hummus	Vegetable fritters with garden salad Side Dish: Toasted chickpeas
WEEK 4	Sweet and Sour Chicken Lemon Couscous Side Dish: cheese and crackers	Tuna noodle salad Side Dish: Toast Fingers	Corn Quesadilla Side Dish: Tomato & Cucumber Salad	Mince Nachos with corn chips & sour cream Side Dish: Roast Vegetables	Cauliflower Fried Rice With mixed vegies Side Dish: Yoghurt

Notes:

Our centre is pork, egg and nut free.

Mixed Vegies include carrots, peas and corn.

Roast Vegies may include Kumara, Pumpkin, and Potato.

Seasonal Vegies may include Beans, Snow peas and Sprouts.

Side Dishes are provided as an alternative for the child.

All meals can be made Vegetarian if required. All cheese will be made from non-animal rennet.

All meals and baking are egg free. Made with egg free pasta.

All meat is purchased from a halal supplier.

Once a week baby vegies will be prepared, this may include pumpkin, kumara, potato, spinach, silver beet, and broccoli. The children may also help with these.

This Menu was designed keeping in mind the philosophy of the centre and the requirements of healthy heart.

The children are able to help with peeling and chopping the vegies, making hummus, picking the herbs from the garden.