

MENU

DAILY BREAKFAST CHOICES

We serve breakfast each morning from 6:45am till 8:00am. Children may have a selection of breakfast options available to them to prepare each morning.

Wholemeal Toast with a variety of 50% Fruit Jams or 75% home made Jams, Vegemite and Margarine.

Cereals include, Weetbix, Rice Bubbles, Sultana Bran and Wholegrain Cheerios with Low Fat Milk.

Speciality Breakfasts, such as Porridge, Baked Beans, pancakes and Toasties are served on various days throughout each month.

MONDAY - High Fibre Wholemeal Pasta (served with…)

* Broccoli, Garlic and Lemon
* Tomato, Olive and Basil
* Chicken, Smoked Paprika and Smashed Peas
* Basil Pesto with creamy smooth Ricotta

TUESDAY – Steamed Corn on the Cob

WEDNESDAY – Salads

* Chicken Caesar Salad with Skim Caesar Dressing, wholemeal bread Croutons, pan fried chicken, and bacon (anchovies optional)

Thursday- Curries, soups and Stews

* Various Indian chicken or Lamb curries (Korma, Butter Chicken)

Served with Steamed Basmati rice

* Chicken and veggie soup, pumpkin soup or Chicken and Corn Soup
* Lamb and vegetable slow cooked stew

Friday- Pizzas

Made with Wholemeal Pita Bread and No added salt Pasta Sauce

Toppings may include Light Cheese Mushroom Pineapple

Olives Chicken Ham

Fresh Tomato Fresh Herbs Potato

Each Afternoon We will also serve a selection of 3 seasonal fruits and 2 Seasonal Vegetables. Low fat Milk and water will also be available to drink.

DAILY AFTERNOON SPECIALS

Daily menu will feature one of the following menu selections