

Summer Menu 3



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea				
Rice bubbles with milk and a fresh fruit and vegetable platter Water	Warm crumpets with honey, jam and vegemite and a fresh fruit and vegetable platter Water	Toast with vegemite and cheese with a fresh fruit vegetable platter Water	English muffins with vegemite and cheese with a fresh fruit and vegetable platter Water	Corn flakes with milk and a fresh fruit and vegetable platter Water
Lunch				
<u>Italian</u> Chicken pasta salad with homemade dressing Water	<u>Chinese</u> Stir-fry beef with noodles and vegetables Water	<u>Moroccan</u> Moroccan beef served with couscous and salad Water	<u>Indian</u> Vegetable korma curry served with yellow rice Water	<u>Italian</u> Pizza Day – homemade pizza served with salad Water
Afternoon Tea				
Dip, cheese and vegetable platter served with crackers Fruit Water	Savoury scones (Herb and cheese) Fruit Water	Raw apple and cinnamon squares Fruit Water	Date, oat and coconut slice Fruit Water	Greek yoghurt served with fresh fruit Water