



**Garfield Child Care Weekly Menu: 2-5yrs**

WEEK - 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b> Served with milk/ water	Sao's with spreads  Fresh Fruits	Raisin bread  Fresh Fruits	English muffins with grilled cheese Fresh Fruits	Toasted fingers with Jam Fresh Fruits	Lebanese bread with spreads Fresh fruits
<b>LUNCH</b> Served with water	Creamy Pasta Napolitano with mixed beans, broccoli and cauliflower	Sweet and sour hokkienn noodle stir fry with Chicken Or Sweet and sour vegetables hokkienn noodle stir fry	Beef noodle chow mein with vegetables and cabbage Or Bean noodle chow mein With vegetables and cabbage	Vegetarian Pouch with Spaghetti and mixed vegetables	Tuna pilaf with Peas, Corn and mix vegetables and rice Or vegetable pilaf with corn Peas and rice
<b>DESSERT</b>	Oranges	Tinned fruits salad	Vanilla yoghurt	Fresh fruit platter	Custard
<b>AFTERNOON TEA</b> Served with milk/water	Cucumber and carrot sticks with corn relish	Corn scones  Fresh fruit platter	Veggie Sandwiches  Fresh fruit platter	Crisp bread with cheese  Mixed Dried fruits	Carrot Slice  Fresh fruit platter
<b>LATE SNACK</b> Served with Water	Vegetable Stick Platter	Fresh Fruit Platter	Vegetable Stick Platter	Fresh Fruit Platter	Vegetable Stick Platter

**Weekly Menu Summary:**

**2 Serves White Meat.....1 Serves Red Meat.....2 Serve Vegetarian**



**Garfield Child Care Weekly Menu: 2-5yrs**

WEEK - 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b> Served with milk/ water	Saladas with Vegemite and Cheese Fresh fruit	Raisin bread Fresh Fruit	Toast fingers with honey Fresh fruit	Crumpets with spreads Fresh Fruit	Cheese and Vegemite Puff Pastry Fresh Fruit
<b>LUNCH</b> Served with water	Chicken nuggets with Potato mash and mixed vegetables Or Cheese and spinach triangles with Potato mash and mixed vegetables	Spinach and Mushroom macaroni cheese with peas and corn	Beef corn chip Nachos with potato mash and mixed Vegetables Or Bean corn chip Nachos with mash potato and mixed Vegetables	Chicken and veggie pizza with garlic bread Or Vegetarian pizza with garlic bread	Beef casserole with pasta mixed vegetables and pumpkin Or Mixed vegetable casserole with pasta and pumpkin
<b>DESSERT</b>	Vanilla Yoghurt	Fresh fruit platter	Two fruits	Fresh fruit platter	Custard
<b>AFTERNOON TEA</b> Served with milk/water	Crackers and corn relish Fresh fruit platter	Carrot Slice  Sultanas	Rice cakes with cheese Vegetable Platter	Raisin bread Fresh fruit platter	Crisp Bread with jam Fresh fruit platter
<b>LATE AFTERNOON TEA</b> Served with Water	Vegetable Stick Platter	Fresh fruit platter	Fresh fruit Platter	Vegetable stick platter	Vegetable Stick platter
<b>Weekly Menu Summary: 2 Serves White Meat.....2 Serves Red Meat.....1 Serve Vegetarian</b>					



**Garfield Child Care Weekly Menu: 2-5yrs**

WEEK - 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b> Served with milk/ water	Sao's with Jam and Vegemite Fresh fruits	Lebanese bread with grilled cheese Fresh fruits	Crumpets with jam and vegemite Fresh fruits	Fruit Muffins  Fresh fruits	Raisin bread  Fresh fruits
<b>LUNCH</b> Served with water	Chinese Fried Rice with mixed vegetables  Diced cucumber and shredded lettuce	Beef sausages with mashed potato and mixed vegetables Or Veggie sausages with mashed potato and mixed vegetables	Broccoli, tuna and creamy tomato penne with carrots  Or Broccoli and mixed bean creamy penne with carrots	Mild Lamb and vegetable curry with Rice Or Mild Vegetable Curry with Rice	Chicken noodle Stockpot with pumpkin, sweet potato and veggies Or Vegetable and bean noodle stockpot with pumpkin, sweet potato and veggies
<b>DESSERT</b>	Fresh fruit salad	Yoghurt	Tinned Two fruits	Custard	Orangers
<b>AFTERNOON TEA</b> Served with milk/water	Rice Crackers with Cheese Sultanas	Raisin bread  Fresh Fruit Platter	Banana Slice  Fresh Fruit Platter	Cream Cheese Sandwiches Fresh Fruit platter	Saladas with Jam  Raw Veggie Platter
<b>LATE AFTERNOON TEA</b> Served with Water	Vegetable Stick platter	Fresh Fruit Platter	Vegetable Stick Platter	Fresh Fruit Platter	Fresh Fruit Platter
<b>Menu Summary:</b> 2 Serves White Meat.....2 Serves Red Meat.....1 Serve Vegetarian					



**Garfield Child Care Weekly Menu: 2-5yrs**

At

WEEK - 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b> Served with milk/ water	Crisp bread with vegemite and jam Fresh fruits	Grilled cheese toast fingers Fresh fruits	English muffins with spread Fresh fruits	Raisin bread with Fresh fruits	Whole meal toast with spreads Fresh fruits
<b>LUNCH</b> Served with water	Fish fingers potato mash and veggies Or Cheese and spinach Pastizzi, potato mash and veggies	Creamy pasta Napolitano with mixed beans broccoli and cauliflower	Chicken salad Sandwiches Or Mixed veggie and salad sandwiches	Beef and veggie Hokkienn noodle stir fry Or Mushroom and Veggie Hokkienn noodle stir fry	Lamb and veggie Pizza with Garlic bread Or Vegetarian Pizza with garlic bread
<b>DESSERT</b>	Custard	Tinned fruit salad	Apples	Vanilla Yoghurt	Fresh fruit platter
<b>Afternoon Tea</b> Served with milk/water	Cheese cubes Rice Crackers Sultanas	Pancakes Fresh fruit platter	Veggie Sandwiches Fresh fruit platter	Corn scones Fresh fruit platter	Saladas with cheese Dried Fruit
<b>LATE AFTERNOON TEA</b> Served with Water	Fresh fruit platter	Vegetable Stick Platter	Fresh fruit platter	Vegetable Stick Platter	Fresh fruit platter
<b>Weekly Menu Summary: 2 Serves White Meat.....2 Serves Red Meat.....1 Serve Vegetarian</b>					