



GARFIELD CHILD CARE WEEKLY MENU : 2-5vrs

WEEK - 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 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
LUNCH Served with water	Creamy Pasta Napolitano with mixed beans, broccoli and cauliflower	Chicken vegetable curry with Rice Or Vegetables curry with Rice	Beef corn chip nachos with potato mash and mixed vegetables Or Bean corn chip Nachos with mash potato and mixed vegetables	Chicken Noodle stockpot with veggies in pumpkin sauce Or Bean Noodle stockpot With veggies in pumpkin sauce	Lamb and mixed Veggie Wraps Or Mixed veggie warps
DESSERT	Oranges	Fresh fruit platter	Apples	Fresh fruit platter	Fresh fruit platter
AFTERNOON TEA Served with milk/water	Carrot slice Fresh fruit platter	Corn scones Fresh fruit platter	Jam Sandwiches Fresh fruit platter	Crisp bread with cheese Mixed Dried fruits	Raisin bread Fresh fruit platter
LATE SNACK Served with Water	Vegetable Stick Platter	Fresh Fruit Platter	Vegetable Stick Platter	Fresh Fruit Platter	Vegetable Stick Platter
<p align="center"><u>Weekly Menu Summary:</u> 2 Serves White Meat.....2 Serves Red Meat.....1 Serve Vegetarian</p>					



GARFIELD CHILD CARE WEEKLY MENU : 2-5yrs

WEEK - 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA Served with milk/ water	Saladas with Vegemite and Cheese Fresh fruit	Raisin bread Fresh Fruit	Toast fingers with honey Fresh fruit	Cheese and Vegemite Puff Pastry Fresh Fruit	Crumpets with spreads Fresh Fruit
LUNCH Served with water	Lamb pilaf with peas, corn, mixed vegetables and Rice Or Vegetable pilaf with peas corn	Spinach and Mushroom macaroni cheese with peas and corn	Chicken nuggets with Potato mash and mixed vegetables Or Cheese and spinach triangles with Potato mash and mixed vegetables	Spaghetti Bolognese Or Vegetable Bolognese	Chicken and veggie pizza with garlic bread Or Vegetarian pizza with garlic bread
DESSERT	Pear	Fresh fruit platter	Two fruits	Custard	Fresh fruit platter
AFTERNOON TEA Served with milk/water	Banana slice Fresh fruit platter	Whole meal cheese sandwiches Sultanas	Crackers with cheese Fresh fruit platter	Fruit bread Fresh fruit	Rice Cakes with cheese Fresh fruit Platter
LATE AFTERNOON TEA Served with Water	Vegetable Stick Platter	Fresh fruit platter	Fresh fruit Platter	Vegetable Stick platter	Vegetable stick platter
Weekly Menu Summary: 2 Serves White Meat.....2 Serves Red Meat.....1 Serve Vegetarian					



GARFIELD CHILD CARE WEEKLY MENU : 2-5vrs

WEEK - 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA Served with milk/ water	Sao's with Jam and Vegemite Fresh fruits	Fruit muffins Fresh fruits	Crumpets with jam and vegemite Fresh fruits	Lebanese bread with grilled cheese Fresh fruits	Raisin bread Fresh fruits
LUNCH Served with water	Chinese Fried Rice with mixed vegetables and Diced Cucumber	Broccoli, tuna and creamy tomato penne with carrots Or Broccoli and mixed bean creamy penne with carrots	Beef sausages with mash potato and mixed vegetables Or Veggie sausages with mashed potato and mixed vegetables	Mild Lamb and vegetable curry with Brown Rice Or Mild Vegetable Curry with lentil and Brown Rice	Chicken salad Sandwiches Or Mixed veggie and salad Sandwiches
DESSERT	Fresh fruit salad	Pear	Fresh fruit platter	Yogurt	Oranges
AFTERNOON TEA Served with milk/water	Sultana Scones Fresh fruit platter	Arrowroot Biscuits With cheese Fresh Fruit Platter	Banana Slice Fresh Fruit Platter	Vegemite Sandwiches Dried fruit	Saladas with Jam Fresh fruit platter
LATE AFTERNOON TEA Served with Water	Vegetable Stick platter	Fresh Fruit Platter	Vegetable Stick Platter	Fresh Fruit Platter	Fresh Fruit Platter
Weekly Menu Summary: 2 Serves White Meat.....2 Serves Red Meat.....1 Serve Vegetarian					



GARFIELD CHILD CARE WEEKLY MENU : 2-5yrs

WEEK - 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA Served with milk/ water	Pancakes with honey Sultanas	English muffins with spreads Fresh fruits	Lebanese bred with grilled cheese Fresh fruits	Toasted fingers with honey Fresh fruits	Fruit muffins Fresh fruits
LUNCH Served with water	Mixed vegetable soup Pumpkin, carrot, corn cauliflower, peas and potato soup with Garlic Bread	Chicken and mixed veggie wraps Or Mixed veggie wraps	Fish fingers potato mash and veggies Or Cheese and spinach Pastizzi, potato mash and veggies	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
DESSERT	Apples	Fresh fruit platter	Oranges	Fruit salad	Fresh fruit platter
Afternoon Tea Served with milk/water	Rice Crackers with cheese Fresh fruit platter	Raisin bread Fresh fruit platter	Crisp bread with jam Dried fruit	Corn scones Fresh fruit platter	Vegetemite and cheese Sandwiches Fresh fruit platter
LATE AFTERNOON TEA Served with Water	Fresh fruit platter	Vegetable Stick Platter	Fresh fruit platter	Vegetable Stick Platter	Vegetable stick platter
Weekly Menu Summary: 2 Serves White Meat.....2 Serves Red Meat.....1 Serve Vegetarian					