

Sample Menu

Park St Childcare and Kinder Co-Op March 2019 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea	Fruit, Cheese and Rice Cracker Platter Milk/Water	Toast with Vegemite, Cheese and Tomato Milk/Water	Berry Smoothie and Toast Milk/Water	Fruit, Vegetable and Rice Cracker Platter Milk/Water	Hummus Dip, Vegetable Sticks and Pita Bread Milk/Water
Lunch	Tofu with Rice and Vegetables Fruit Platter	Chicken and Vegetable Soup with Rice Noodles Fruit Platter	Beef Chow Mein with Vegetables and Rice Fruit Platter	Chicken and Vegetable Pasta Salad Fruit Platter	Tuna Pasta Bake with Vegetables Fruit Platter
Afternoon tea	Mixed Wholemeal Sandwiches with Cheese, Vegemite, Tomatoes and Lettuce Milk/Water	Pineapple and Blueberry Muffins Milk/Water	Veggie Kebabs with Cucumber, Cherry tomatoes, Watermelon, Cheese and Grapes Milk/Water	Pumpkin and Zucchini Bake Milk/Water	Homemade Mexican Dip and Wholemeal Pita Bread Milk/Water

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Park St Childcare and Kinder Co-Op March 2019 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea	Banana Pikelets and Fresh Fruit Milk/Water	Plain Natural Yoghurt with Fruit Salad Milk/Water	Wholegrain Toast with Cheese, Vegemite and Fruit Platter Milk/Water	Fruit and Vegetable Platter Milk/Water	Mango and Berry Smoothie and Raisin Toast Milk/Water
Lunch	Spaghetti Bolognaise with Vegetables Fruit Platter Water	Fish Curry with Vegetables and Cous Cous Fruit Platter Water	Roast Beef with Roasted Vegetables Fruit Platter Water	Mexican Chicken Wraps with Wholemeal Flat Bread Fruit Platter Water	Vegetable Soup with Barley Fruit Platter Water
Afternoon tea	Avocado Dip with Vegetable Sticks Milk/Water	Vegetable Scones Milk/Water	Cheese, Crackers and Fruit Milk/Water	Mixed Berry Scones Milk/Water	Variety of Wholemeal Sandwiches Milk/Water

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