

# Sample Menu

## Park St Childcare and Kinder Co-Op March 2019 Menu

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

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