



Weekly Menu

9 December – 13 December 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School Care	Toast, cereal and fruit.	Toast, cereal and fruit.	Special Breakfast Bacon, Maple syrup and eggs with toast, cereal and fruit.	Toast, cereal and fruit.	Toast, cereal, fruit and milo.
	Children have the choice of toast with a selection of spread such as vegemite, butter, honey or jam. A selection of cereals will be available such as Rice Bubbles and Corn Flakes				
After School Care	Banana Crumble Muffins (G/f, D/F. Vegetarian options available). Seasonal Fresh Fruit	Platters of meats, cheese and vegetables served with hummus and onion and chives dip. Garlic bread (G/F, D/F, Vegetarian options available) Seasonal Fresh Fruit	Oven baked sausages on bread with tomato or barbeque sauce (G/F, D/F options available) Seasonal Fresh Fruit	Cheese Pastizzi (G/F, D/F options available) Seasonal Fresh Fruit	Healthy Coco & Coconut muffins (G/F, D/F options available) Seasonal Fresh Fruit
	Afternoon tea is served with a fruit platter Please refer to our website for a complete ingredients list.				

<p><u>Banana Ban Crumble Muffins (G/F, D/F, Veg Options)</u></p> <p>Apple - juice Baking Powder (Corn) Banana – puree Bran - Wheat Germ Canola Oil – pure Coconut – desiccated Flour - Plain, Flour - Self-Raising Flour - Wholemeal, Linseed (Flaxseed) – ground Linseeds Milk – powders Nuttelex Oats – Rolled Potato – starch Sugar – brown Sugar – caster Tapioca Starch Vanilla Essence Water</p>	<p><u>Cheese Pastizzi (G/F, D/F, Veg Options)</u></p> <p>Fortified Wheat flour Water Margarine Salt</p>	<p><u>Heathy Cocoa & Coconut Muffins (G/F, D/F, Veg Options)</u></p> <p>Baking Powder (Corn) Beetroot – tinned diced Canola Oil - pure Cocoa - powder Coconut - desiccate Flour - Plain Flour - Self-Raising Flour - Wholemeal Linseed (Flaxseed) - ground Potato - starch Sugar - Raw Tapioca Starch Vanilla Essence</p>
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