



Weekly Menu

14 September – 18 September 2020

	Monday	Tuesday	Wednesday	Thursday	Friday
Before School Care	Toast, cereal and fruit.	Toast, cereal and fruit.	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, Nurti-Grain and Corn Flakes				
After School Care	Pizza Scrolls with Tomato, Ham and Cheese, Vegetarian, Vegemite and Cheese (G/F and D/F option) Fresh Seasonal Fruit	Lemon, Yoghurt and Raspberry Cake (G/F and D/F Option) Gourmet Bread with Cheese Fresh Seasonal Fruit	Beef and Vege' Flat Pies (G/F, D/F and Vegetarian Options) Fresh Seasonal Fruit	Vege' Mexican Rice with Salsa, Cheese and Natural Corn Chips (All G/F and Vegetarian, D/F Optional) Fresh Seasonal Fruit	Apple Pie Crumble with Honey Yoghurt (G/F and D/F Option) Fresh Seasonal Fruit
	Please refer to our website for a complete ingredients list.				

<p><u>Pizza Scrolls</u></p> <p>Puff pastry (G/F D/F puff pastry) tomato paste, ham, cheese, spinach, zucchini, feta cheese, garlic, fresh herbs, vegemite</p>	<p><u>Lemon Yoghurt and Raspberry Cake</u></p> <p>Flour (G/F flour), yoghurt (G/F D/F soy milk), raspberries, sugar, eggs, lemon juice and zest, vegetable oil, vanilla (G/F D/F addition of coconut)</p>	<p><u>Beef and Vege Flat Pies</u></p> <p>Beef mince, onion, carrot, zucchini, baby spinach, garlic, stock, salt and pepper, natural beef stock powder, cheese, short crust pastry (G/F, D/F pastry). Vegetarian omit beef mince.</p>
<p><u>Vege' Mexican Rice with Natural Corn Chips and Salsa</u></p> <p>Rice, brown rice, carrot, celery, onion, spinach, red capsicum, zucchini, garlic, cumin, coriander, salt and pepper, natural salted corn chips, G/F tomato salsa (All G/F and D/F)</p>	<p><u>Banana Bread</u></p> <p>Flour, Whole wheat flour, banana, butter, milk, sugar, eggs, vanilla, cinnamon (G/F and D/F Banana Bread-substitute G/F flour, vegetable oil margarine, and soy milk).</p>	