

Menu Spring & Summer

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast is served daily between 6:30am and 7:30am. Children have the option to choose from assorted cereals.					
Morning Tea	Toast with Spreads	Pancakes with homemade berry compote	Baked Beans and Cheese on rice cakes	Raisin Toast with Cinnamon and Ricotta	Overnight Oats with Banana Slices and Honey
Lunch	Beef San Choy Bau	Veggie Loaded Chicken Bites with Mediterranean Pasta Salad	Sweet and Sour Fish with Brown Rice and Steamed Vegetables	Cauliflower and Ricotta Mac and Cheese	Chilli Con Carne
Afternoon Tea	Apple and Cinnamon Muffins with Fresh Fruit	Sao's with tomato slices and cheese with fresh fruit	Veggie Sticks, Crackers and Homemade Dips	Pumpkin Scones and Fresh Fruit Platter	Sandwiches on wholemeal bread with fresh fruit. Selection of cream cheese, grated carrot, cheese and vegemite
Late Snack	Homemade Cruskits And Apple Slices	Rice Crackers and Cheese sticks	Homemade Cruskits And fresh Fruit	Rice Crackers and Cheese sticks	Homemade Cruskits And Apple Slices

Holy Name ELCC

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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast is served daily between 6:30am and 7:30am. Children have the option to choose from assorted cereals.					
Morning Tea	Assorted Cereal with milk	Chia Pudding with Fresh Fruit Platter	English Muffins with Melted Cheese	Greek Yogurt with homemade fruit puree	Homemade muesli with milk
Lunch	Fish and Corn-Slaw Tacos	Hidden Vegetable Spaghetti Bolognese with Wholemeal Pasta	Indian Butternut Squash Curry with brown Rice	Lamb and Herb Stew with Brown Rice	Lemon Chicken with Cous Cous, Broccoli and Beans
Afternoon Tea	Spelt and Oat Anzac Biscuits with Fresh Fruit	Zucchini Cake and Fruit Platter	Fruit Smoothies served with wholemeal crackers	Rice cakes with Tomato and Cheese slices with Fresh Fruit.	Wholemeal Cheese and Vegemite Scrolls
Late Snack	Rice Crackers and Cheese sticks	Homemade Cruskits And fresh Fruit	Rice Crackers and Cheese sticks	Homemade Cruskits And fresh Fruit	Rice Crackers and Cheese sticks

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast is served daily between 6:30am and 7:30am. Children have the option to choose from assorted cereals.					
Morning Tea	Raisin Toast with Cinnamon and Ricotta	Cauliflower Hashbrowns	Overnight Oats with Banana Slices and Honey	Toast with Spreads	Baked Beans and Cheese on rice cakes
Lunch	Oven Baked Pumpkin, Leek and Chicken Risotto	Thai pork Noodles	Honey Soy Beef and Broccoli Stir Fry	Deconstructed Sushi Bowl with Tuna, carrot, cucumber edamame beans, avocado and roasted sea weed	Nut Free Pesto Pasta
Afternoon Tea	Veggie Sticks, Crackers and Homemade Dips	Sandwiches on wholemeal bread with fresh fruit. Selection of cream cheese, grated carrot, cheese and vegemite	Carrot Muffins and Fresh Fruit Platter	Sao's with tomato slices and cheese with fresh fruit	Spinach and Cheese Muffins with Fresh Fruit
Late Snack	Homemade Cruskits And Apple Slices	Rice Crackers and Cheese sticks	Homemade Cruskits And fresh Fruit	Rice Crackers and Cheese sticks	Homemade Cruskits And Apple Slices

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast is served daily between 6:30am and 7:30am. Children have the option to choose from assorted cereals.					
Morning Tea	Greek Yogurt with homemade fruit puree	Assorted Cereal with milk	Homemade muesli with milk	Toasted Crumpets with Spreads	English Muffins with Melted Cheese
Lunch	Vegetarian Fried Rice	'Texas Chili' on Baked Potatoes	Chicken and Vegetable Stir Fry	Deconstructed Lamb Kofta with Greek Salad	Coconut Fish Curry with Cous Cous and Vegetables
Afternoon Tea	Rice cakes with Tomato and Cheese slices with Fresh Fruit.	Wholemeal Cheese and Vegemite Scrolls	Zucchini Chocolate Cake with Fresh Fruit	Fruit Smoothies served with wholemeal crackers	Oat and Date Slice with Fresh Fruit
Late Snack	Rice Crackers and Cheese sticks	Homemade Cruskits And fresh Fruit	Rice Crackers and Cheese sticks	Homemade Cruskits And fresh Fruit	Rice Crackers and Cheese sticks

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