






# City Kids Early Learning Centre SPRING Menu – WEEK 1

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>		Choose from: Wholegrain cereals and wholemeal toast with healthy toppings, served with milk and water				
<b>MORNING TEA</b>	Food	Natural yoghurt with assorted fruit and veggie platter	Natural yoghurt with assorted fruit and veggie platter	Natural yoghurt with assorted fruit and veggie platter	Natural yoghurt with assorted fruit and veggie platter	Natural yoghurt with assorted fruit and veggie platter
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
<b>LUNCH</b>	Food	 <p><u>Vegetarian Pasta with salad cucumberr, tomato and lettuce</u></p>	 <p><u>Baked Chicken with potato wedges and assorted steamed vegetables</u></p> <p><b>*V: Chickpea and Pumpkin Patties</b></p>	 <p><u>Vegetarian Pizza</u></p>	 <p><u>Herb and Parmesan Grated Fish with cous cous and roasted mixed veggies</u></p> <p><b>*V: Lentil and Sweet Potato Pie</b></p>	 <p><u>Beef Meatballs and spaghetti with broccoli and carrots</u></p> <p><b>*V: Vegetable and Red Kidney Bean Balls</b></p>
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Apple Crumble and yoghurt	Healthy Ginger Biscuits	Easy Anzac Biscuits	Zucchini and chocolate muffins	Lunch Box Muesli Bars