

Weekly Menu Summary:

1 serve of red meat      1 serves of vegetarian  
 3 serves of white meat    10 serves of dairy  
 14 serves of fruit and vegetables.

\* Apple slices are offered after lunch to encourage good dental health T2 room up.

\* Water is provided throughout each day

# Kids on Mullum child care Menu



## Week 3 (Summer Menu)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> Offered 7:00am – 8:00am	Cereal: Weetbix/ Rice Bubbles/ Corn Flakes or Toast				
<b>Morning Tea</b> Milk is served with morning tea each day	Seasonal fresh fruit platter	Seasonal fresh fruit platter	Seasonal fresh fruit platter	Seasonal fresh fruit platter	Seasonal fresh fruit platter
<b>Lunch</b> *Children under 12months will also be provided with pureed pumpkin, broccoli, cauliflower, carrot, zucchini sweet potato and potato. The same vegetables are also offered as finger food.	<u>Sausage Rolls and Coleslaw</u>  Homemade sausage rolls with beef sausage mince, carrot and zucchini.  Served with homemade Coleslaw	<u>Mongolian Chicken and Vegetable stir fry</u>  Chicken infused with soy sauce, hoisin sauce, Chinese 5 spice, garlic, onion, mixed stir fry vegetables served with Couscous.	<u>Tuna and Garlic Pasta</u>  Tuna with mixed vegetables infused in a garlic cheesy sauce.	<u>Roast Pumpkin Pasta Salad</u>  Roasted Pumpkin, baby spinach, Chickpeas, red onion, feta with Spiral pasta. With a tangy dressing	<u>Homemade Pizza</u>  Freshly made pizzas with a variety of toppings such as pineapple, onion, capsicum, tasty cheese, ham, chicken and tomato paste.
<b>Afternoon Tea</b>	Rice cakes with Spreads	Milo and Oat Slice with orange slices	Carrot Cake with cream cheese icing and apple slices	Yoghurt with fruit	Veggie Platter with dip, cheese and crackers

**Late Snack** is offered to children after 6:00pm

**NOTE:** Vegetarian Option Available for all meals. All Allergies Catered For.

**Weekly Menu Summary:**

2 serve of red meat      1 serves of vegetarian  
 2 serves of white meat    7 serves of dairy  
 10 serves of fruit and vegetables.

\* Apple slices are offered after lunch to encourage good dental health T2 room up.  
 \* Water is provided throughout each day

# Kids on Mullum Child Care Menu



## Week 1 (Winter Menu)

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Breakfast</b> Offered 7:00am – 8:00am	Cereal: Weetbix/ Rice Bubbles/ Corn Flakes or Toast				
<b>Morning Tea</b> Milk is served with morning tea each day	Seasonal fresh fruit platter	Seasonal fresh fruit platter	Seasonal fresh fruit platter	Seasonal fresh fruit platter	Seasonal fresh fruit platter
<b>Lunch</b> *Children under 12months will also be provided with pureed pumpkin, broccoli, cauliflower, carrot, zucchini sweet potato and potato. The same vegetables are also offered as finger food.	<b><u>Crumbed Fish with Corn Cobs and Roast Potatoes</u></b>  Crumbed white fish served with fresh corn cobs and oven roasted potatoes.	<b><u>Spaghetti Bolognese</u></b>  Beef mince, carrot, zucchini, mixed vegetables tomatoes, mixed herbs served with macaroni pasta.	<b><u>Tofu Honey Soy Garlic Stir Fry</u></b>  Tofu marinated with honey, soy and garlic, stir fried with vegetables; capsicum, peas, corn, carrots served with noodles.	<b><u>Beef and Vegetable Soup</u></b>  Beef, onions, diced tomato, carrots, celery, green beans, four bean mix, peas and corn and parsley	<b><u>Chicken Fried Rice</u></b>  Chicken, peas, corn, carrot, garlic, onion rice, infused with soy sauce.
<b>Afternoon Tea</b>	Yoghurt with Homemade Muesli	Homemade Carrot Cake	Dried Fruit Platter	Choc, Banana and Apricot Slice	Mini Cheese Quiche

**Late Snack** is offered to children after 6:00pm

**NOTE:** Vegetarian Option Available. Allergies Catered For.