




Bunyarra Children's Centre Typical Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	Fresh Seasonal Fruit / Vegetables Milk / Water	Fresh Seasonal Fruit / Vegetables Milk / Water	Fresh Seasonal Fruit / Vegetables Milk / Water	Fresh Seasonal Fruit / Vegetables Milk / Water	Fresh Seasonal Fruit / Vegetables Milk / Water
Lunch 	Mini Pizzas <u>Ingredients:</u> Pizza bases, tomato paste, cheese, pineapple, capsicum, tomato, ham, & mushrooms	Apricot Chicken & Savoury Rice <u>Ingredients:</u> chicken breast fillet, apricot nectar, French onion soup mix, rice, mixed vegetables & onion	Lasagne, Carrots & Peas <u>Ingredients:</u> Lasagne sheets, lean mince beef, white sauce, tomato soup, garlic, mixed herbs & cheese	Roast Lamb, Baked Potatoes, Pumpkin, beans & Gravy <u>Ingredients:</u> As above	Tuna Mornay, Carrots, Peas & Corn <u>Ingredients:</u> Tuna, white sauce, cream corn soup, celery, onion & shell pasta
Desert	Custard & Fruit Water	Yoghurt Water	Jelly & Fruit Water	Yoghurt Water	Custard & Fruit Salad Water
Afternoon tea 	Fresh Seasonal Fruit Toasted Fruit Loaf Water/ Milk	Fresh Seasonal Fruit Rice Crackers & Cheese Water / Milk	Fresh Seasonal Fruit Cruskits with Vegemite Water & milk	Fresh Seasonal Fruit Arrowroot Biscuits Water & Milk	Fresh Seasonal Fruit Wholemeal Sandwiches Water / Milk

