

MACQUARIE CHILDCARE CENTRE

SUMMER MENU WEEK 4

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------|--|---|--|---|--|
| Morning Tea | Fresh fruit and yoghurt | Veggie Sticks with Crackers | Yogurt Bark | Ants on a Log | Creamy Summer Veggie Dip |
| BASIC INGREDIENTS | Fresh seasonal fruit and yoghurt | Cucumber and carrots veggie sticks, sultanas and crackers PLUS ½ serve of fruit | Yogurt, honey, passion fruit, coconut and berries PLUS ½ serve of veggies | Celery sticks, cream cheese, sultanas and toast PLUS ½ serve of fruit and 1 serve of carbs/slice of toast per child | Eggplant, capsicum, zucchini, garlic, cream cheese, oil & lemon PLUS ½ serve of veggies per child and crackers |
| Lunch | Tuna Pasta Bake | Thai Chicken with Rice Noodles | Moroccan Beef with Spiced rice | Chicken Lasagna | Beef Meatballs with Spaghetti |
| BASIC INGREDIENTS | Tuna, broccoli, cheese, peas, corn parsley, lemon and pasta | Chicken, soy sauce, rice noodles, water, garlic, zucchini and carrots | Beef, oil, garlic, onion, coriander, sultanas, chickpeas, rice, cumin, parsley, roasted carrots, green beans and snow peas | Lasagna sheets, chicken, zucchini, carrot, parsley, garlic and tomato sauce | Beef, zucchini, spinach, broccoli and cauliflower and spaghetti |
| Afternoon Tea | Banana Bear Crackers | Guacamole Hommus | Mango Jelly | Bananas and Yogurt | Cheat's Summer Pudding |
| BASIC INGREDIENTS | Rice cakes, ricotta, cinnamon, honey, bananas and sultanas PLUS ¼ serve of fruit per child | avocados, chickpeas, olive oil, cumin, lemon, garlic and pita bread PLUS ½ serve of veggies per child | Mango, gelatin, raspberries, veggie sticks and toast PLUS ½ serve of veggies and 1 serve of carbs/slice of toast per child | Bananas, yogurt & coconut | Toast, cinnamon, honey, berries and ricotta |

Updated 23.10.2020

REF: Operational Manual. Health & Hygiene. Menu. Summer Menu