

Summer Menu

5	Vegetarian pasta, garlic bread & salad & grated cheese JUICE Corn thins/cheese or vegemite	Chicken curry, rice & green beans Bread & cheese Icecream and fruit puree	Meatballs, garden salad with cheese, tzatziki & rice salad Bread & cheese Yogurt and Fruit	Tuna & corn rolls, singapore noodles & salad vegetables Saoç	Cold Meat Platter, and salad Scones
6	Apricot Chicken, rice & vegetables Yogurt slice	Pizza, salad and Garlic/parmesan cheese bread JUICE Yoghurt & fresh fruit	Beef black bean stir fry, rice & peas Muffins	Spanakopita, salad, beetroot & tomato pasta JUICE Custard & Bananas	Lamb yiros and salad with pita bread and tzatziki Dip & Dippers

Eat Right, Start Right

SPRING AND SUMMER MENU 10/11

MORNING TEA: Fresh/tinned/dried seasonal fruit served with milk.

AFTERNOON TEA: Served with milk.

Cheese slice served after lunch with bread for dental hygiene..Diluted fruit juice served at lunch with vegetarian meals to help with iron absorption.

WATER IS AVAILABLE AT ALL TIMES DURING THE DAY

Menu subject to change due to unavailability of produce, etc. Menu will be adapted if weather is over 30oC.