

Four Week Winter Menu

# Week 2

# Nourish

*"Thriving minds, active bodies,  
nurtured hearts."*

## MONDAY:

### MORNING TEA

Seasonal Fresh Fruit +  
Pikelets with Fruit and  
Warm Custard

### LUNCH TIME

Chicken and Vege Stir-  
Fry with Brown Rice

### AFTERNOON TEA

Seasonal Fresh Fruit +  
Munch and Crunch Platter

## TUESDAY:

### MORNING TEA

Seasonal Fresh Fruit +  
Wholemeal toast with  
Marmite or Jam

### LUNCH TIME

Macaroni Cheese with  
Cannellini Beans  
and Veges

### AFTERNOON TEA

Seasonal Fresh Fruit +  
Overnight Oat Bran Muffins

## WEDNESDAY:

### MORNING TEA

Seasonal Fresh Fruit +  
Corn and Lentil Fritters

### LUNCH TIME

Cottage Pie

### AFTERNOON TEA

Seasonal Fresh Fruit +  
Crackers with Cheese  
and Pumpkin Dip

## THURSDAY:

### MORNING TEA

Seasonal Fresh Fruit +  
Porridge with Fruit and  
Milk

### LUNCH TIME

Savoury Baked Fish  
with Veges

### AFTERNOON TEA

Seasonal Fresh Fruit +  
Wholemeal Cheese +  
Tomato Scones

## FRIDAY:

### MORNING TEA

Seasonal Fresh Fruit +  
Vege Frittata Muffins

### LUNCH TIME

Beef + Vege  
Soup

### AFTERNOON TEA

Seasonal Fresh Fruit +  
Carrot and Pineapple  
Muffins with Yoghurt

**Note:** All lunches to be served with a glass of milk for each child.

**Late Snack Options:** Fresh fruit, popcorn, smoothies, dried fruit, yoghurt, cheese and crackers, vege sticks.