



# HEADSTART WEST RYDE WINTER MENU

## WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Wholemeal toast and Cornflakes	Wholemeal toast with Rice Bubbles	Wholemeal toast and Weet-Bix	Wholemeal toast and Cornflakes	Wholemeal toast with Rice Bubbles
<b>Morning Tea</b>	Baked beans on wholemeal toast  Vegetable platter <i>(Cucumber, sweet corn)</i>	Rice cake with Vegemite spread  Vegetable platter <i>(Broccoli, red capsicum)</i>	Raisin toast  Vegetable platter <i>(Carrots, peas)</i>	Wholemeal muffins with butter spread  Vegetable platter <i>(Cucumber, celery)</i>	Wholemeal toast with spread  Vegetable platter <i>(Broccoli, carrots)</i>
<b>Lunch</b>	Mongolian lamb with rice	Terriyaki chicken with vegetables and pasta	Tofu & vegetables with rice	Fish mornay with rice	Lamb in black bean sauce with rice and vegetables
<b>Afternoon Tea</b>	Cheese & tomato sandwich  Fruit platter <i>(Watermelon, rockmelon, apple, pear, orange, banana)</i>	Rice crackers with avocado dip  Fruit platter <i>(Watermelon, rockmelon, apple, pear, orange, banana)</i>	Peach tea cake  Fruit platter <i>(Watermelon, rockmelon, apple, pear, orange, banana)</i>	Corn thins with tasty cheese  Fruit platter <i>(Watermelon, rockmelon, apple, pear, orange, banana)</i>	Apricot, sultanas & cheese cubes  Fruit platter <i>(Watermelon, rockmelon, apple, pear, orange, banana)</i>

- Morning and afternoon tea will be served with milk; lunch will be served with water
- Full cream milk is served in Nursery and Toddlers, lite milk is served for Adventurers, Explorers, Preschool and Preschool 2
- Water will be offered and available to children throughout the day
- Late afternoon, a small biscuit or snack will be offered before going home to dinner
- Breakfast will be served between 7:00am – 8:00am