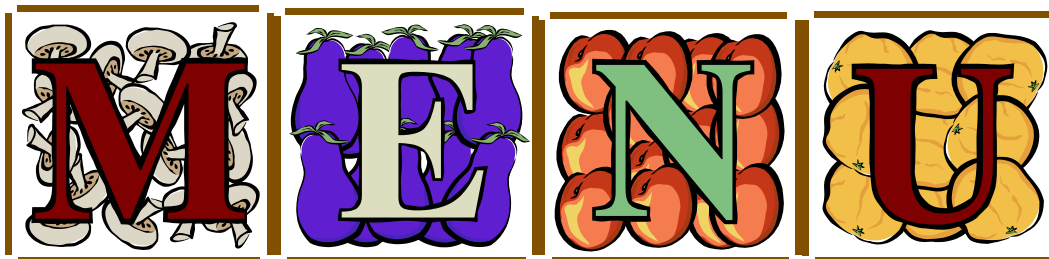


CAMPBELLTOWN CHILDREN'S CENTRE



WEEK 1

	SNACK 9.30 am	LUNCH 11.30 am	SNACK 2.30 pm	LATE SNACK 5 pm
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MONDAY	FRUIT	Chicken Risotto (rice, chicken, seasonal vegetables and chicken stock) Whole meal bread Water	Fruit Loaf with cheese slices Milk	Cheese & Crackers
TUESDAY	FRUIT	Beef & Vegetable Lasagna (mince beef, seasonal vegetables, tomato, tomato paste, basil, garlic, onion, lasagne sheets and cheese) Wholemeal bread Water	Berry Mousse with pears Milk	Cheese & Crackers
WEDNESDAY	FRUIT	Broccoli & Sweet Potato Frittata (eggs, milk, cheese, broccoli and sweet potato) Wholemeal bread Water	English Muffins with ham and cheese Milk	Cheese & Crackers
THURSDAY	FRUIT	Meatloaf and Salad (minced beef, sausage mince, carrot, pineapple, eggs and parsley with tomato, lettuce, capsicum, cucumber and mushrooms) Wholemeal bread Water	Carrot & Apple Cake (eggs, sugar, oil, flour, cinnamon, apple and carrot) Milk	Cheese & Crackers
FRIDAY	FRUIT	Tuna & Vegetables (seasonal vegetables, pasta, tomato pasta and tuna) Wholemeal bread Water	Finger Food (ham, chicken and cheese fingers with capsicum, cucumber and assorted crackers) Milk	Cheese & Crackers

INFANTS MENU

LUNCH – Pumpkin, zucchini, potato, pureed, mashed, etc. according to the individual child's needs.

SNACK – Pureed pears, apple, apricot or peaches with muesli or yoghurt.

DRINKS – Water and whole milk are offered at meal times, Drinking water is freely available at all times.

If you have any menu suggestions, please pass them on to Office.