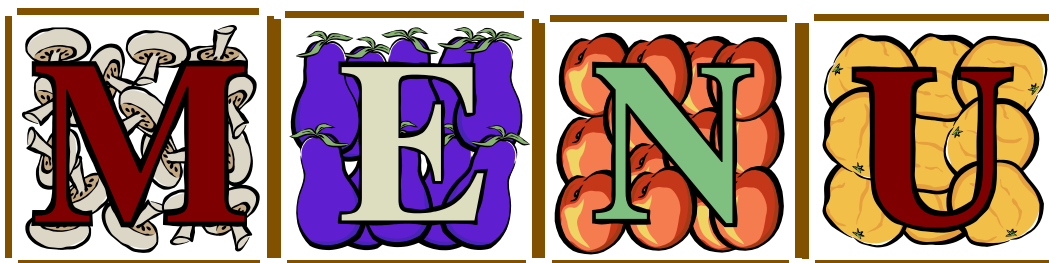


CAMPBELLTOWN CHILDREN'S CENTRE



WEEK 3

	SNACK 9.30 am	LUNCH 11.30 am	SNACK 2.30 pm	LATE SNACK 5 pm
MONDAY	FRUIT	Basila & Rice (Lebanese) (beef mince, peas, carrots, tomato soup, and rice)	French Onion Dip with cucumber, capsicum and assorted crackers.	Cheese & Crackers
	Milk	Whole meal bread Water	Milk	
TUESDAY	FRUIT	Tuna, Potato and Sweet Corn Bake (potato, tuna, sweet corn, cheese and parsley)	Fresh Fruit Salad with custard	Cheese & Crackers
	Milk	Wholemeal bread Water	Milk	
WEDNESDAY	FRUIT	Sausage & Potato Upside Down Pie (sausages, mixed vegetables, potato, gravy, cheese and parsley)	Fruit Loaf	Cheese & Crackers
	Milk	Wholemeal bread Water	Milk	
THURSDAY	FRUIT	Zucchini Slice (vegetarian) (carrots, zucchini, egg, cheese, milk and parsley)	Cheese and Vegemite Sandwiches	Cheese & Crackers
	Milk	Wholemeal bread Water	Milk	
FRIDAY	FRUIT	Italian Beef & Noodles (minced beef, onion, tomato, tomato soup, herbs and pasta)	Vanilla Mousse with fruit salad	
	Milk	Wholemeal bread Water	Milk	

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.