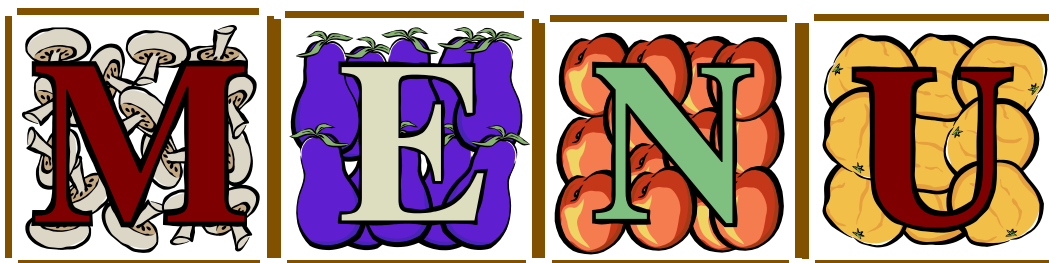


CAMPBELLTOWN CHILDREN'S CENTRE



WEEK 4

SNACK
9.30 am

LUNCH
11.30 am

SNACK
2.30 pm

LATE SNACK
5 pm

MONDAY	FRUIT	Lentil & Vegetable Soup (seasonal vegetables and lentils)	Fruit Crumble (seasonal fruit, flour, margarine and sugar)	Cheese & Crackers
	Milk	Wholemeal bread Water	Milk	
TUESDAY	FRUIT	Beef Chop Suey (beef mince, carrot, beans, cabbage, wholemeal rice/pasta, celery & chicken noodle soup mix)	Pikelets with cheese slices, sultanas & dried apricots	Cheese & Crackers
	Milk	Wholemeal bread Water	Milk	
WEDNESDAY	FRUIT	Easy Chicken Quiche (pastry mix, chicken milk, eggs, Cheese and parsley)	Apple & Cinnamon Scroll	Cheese & Crackers
	Milk	Wholemeal bread Water	Milk	
THURSDAY	FRUIT	Hungarian Goulash (diced beef, capsicum, onion, and wholemeal pasta or rice)	Anzac Slice (mixed dried fruit, apple, sugar, coconut, rolled oats, cinnamon, eggs, flour and margarine)	Cheese & Crackers
	Milk	Wholemeal bread Water	Milk	
FRIDAY	FRUIT	Hamburgers or Fish Fingers (hamburgers with lettuce, tomato, cheese and sauce. Fish Fingers with lettuce, tomato, cucumber, mushrooms & capsicum)	Kabana with cucumber, cheese capsicum and assorted	Cheese & Crackers
	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.