

Devonport Child Care Centres Inc

Winter Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast
Lunch	Pumpkin Soup with a Wholemeal Roll Pumpkin, carrot, celery, sweet potato, onion, potato, garlic, vegetable stock, wholemeal bread rolls	Curried Sausages with Mash Sausages, onion, carrot, peas, corn, zucchini, apple, coconut milk/cream, curry, cornflour, potato	Spaghetti Bolognese Beef mince, onion, carrot, zucchini, garlic, crushed tomatoes, tomato paste, tomato soup, mixed herbs, wholemeal pasta, cheese	Silverside with Mash and Seasonal Vegetables Silverside, bay leaves, peppercorn, cloves, vinegar, garlic, water, potatoes, seasonal vegetables	Butter Chicken with Rice, Carrots & Beans Chicken thigh or breast, onion, garlic, ginger, garam masala, cumin, coriander, chilli powder, carrot, capsicum, coconut milk, tomato paste, cornflour, rice, beans
Afternoon Tea	Fresh Fruit/Vegetable Platter with Cruskits with Ham and Cheese	Fresh Fruit/Vegetable Platter and Rock Cakes Flour (1/2 wholemeal & 1/2 white), Nuttalex, rice milk, coconut sugar, cinnamon, sultanas	Fresh Fruit/Vegetable Platter with Apple, Oat & Chia Muffins Flour (1/2 wholemeal & 1/2 white), apple, cinnamon, rolled oats, chia seeds, coconut sugar, oil or Nuttalex, rice milk	Fresh Fruit/Vegetable Platter with Spinach & Cheese Muffins Flour (1/2 wholemeal & 1/2 white), garlic powder, spinach, cheese, oil, Nuttalex, rice milk	Fresh Fruit/Vegetable Platter and Scones with Cream Cheese Flour (1/2 wholemeal & 1/2 white), Nuttalex, rice milk

Water is served with all meals and between meals **Milk** is offered for Morning & Afternoon Tea. A late snack of sandwiches are offered to children between 4 - 4:30pm (fillings consist of either ham, cheese, vegemite or Philadelphia cheese). **Please Note: All children with allergies will be offered a suitable replacement**

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Winter Menu

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast
Lunch	Chicken Burgers with Lettuce, Cheese, Tomato & Carrot Chicken mince, onion, carrot, zucchini, curry powder, tomato paste, worstershire sauce, breadcrumbs, lettuce, cheese, tomato, wholemeal bread rolls	Pasta Bake with Seasonal Vegetables Pasta, tomato sauce, carrot, broccoli, peas, mozzarella cheese, seasonal vegetables	Chilli Con Carne with Rice, Homemade Corn Chips & Greek Yoghurt Beef mince, onion, garlic, carrot, zucchini, corn, coriander, cumin, chilli powder, kidney beans, crushed tomatoes, tomato paste, passata, wholemeal rice, greek yoghurt, homemade corn chips	Roast Pork with Baked Potatoes, Seasonal Vegetables and Homemade Apple Sauce Pork, oil, salt, baked potatoes, seasonal vegetables, homemade apple sauce	Porcupine Meatballs with Seasonal Vegetables and Pasta Spirals Beef mince, onion, garlic, carrot, zucchini, mixed herbs, rice, worstershire sauce, breadcrumbs, tomato soup, seasonal vegetables, pasta
Afternoon Tea	Fresh Fruit/Vegetable Platter with Rice Crackers & Vegetable Sticks	Fresh Fruit Platter with Apple & Cinnamon Scrolls Flour (1/2 wholemeal & 1/2 white), Nuttalex, rice milk, apple, cinnamon, coconut sugar, vanilla essence	Fresh Fruit/Vegetable Platter with Blueberry & Coconut Muffins Flour (1/2 wholemeal & 1/2 white), coconut, coconut sugar, vanilla, blueberries, oil, Nuttalex, rice milk	Fresh Fruit/Vegetable Platter with Anzac Biscuits Flour (1/2 wholemeal & 1/2 white), rolled oats, coconut, Nuttalex, golden syrup, coconut sugar, baking powder, water	Fresh Fruit/Vegetable Platter and Saladas with Ham & Cheese

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Winter Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast
Lunch	Cottage Pie with Sweet Potato Beef mince, onion, garlic, carrot, peas, corn zucchini, celery, beef stock, tomato paste, worstershire sauce, cornflour, sweet potato, potato	Chicken Stroganoff with Rice Chicken thighs, garlic, salt, pepper, oil, onion, mushrooms, Nuttalex, flour, beef stock, dijon mustard, sour cream, rice	Beef/Lamb Casserole with Potato Mash Bacon, lamb or beef, , salt, pepper, flour, onion, garlic, mushrooms, beef broth/stock, tomato paste, bay leaves, thyme, potatoes, carrots, parsley	Zucchini Slice with Tomato Relish Oil, onion, bacon, garlic, carrot, zucchini, flour, cheese, parsley, rice milk, salt, pepper	Pulled Beef Wrap with Slaw & Cheese Flour tortillas, cheese, shredded beef, Mexican red rice, corn kernels, black beans, slaw
Afternoon Tea	Fresh Fruit/Vegetable Platter and Custard Custard Powder, milk, vanilla essence, coconut sugar	Fresh Fruit/Vegetable Platter with Apple & Raspberry Muffins Flour (1/2 wholemeal & 1/2 white), baking powder, salt, cinnamon, nutmeg, Nuttalex, coconut sugar, egg replacer, milk, vanilla extract, apple, raspberries	Fresh Fruit/Vegetable Platter and Rice Crackers with Vegemite, Cheese & Tomato	Fresh Fruit/Vegetable Platter and Rice Custard Rice, milk, salt, raisins, egg replacer, coconut sugar, Nuttalex, vanilla extract	Fresh Fruit/Vegetable Platter and Stewed Fruit Fruit, water, honey, cinnamon

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Winter Menu

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast 	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> • Yoghurt • Rice Cakes with either cream cheese or Nuttalex • Toast
Lunch	Fish Fingers with Mash & Seasonal Vegetables White fish fillets, breadcrumbs, parsley, lemon zest, olive oil, egg replacer, milk, flour, salt & pepper, seasonal vegetables	Sweet & Sour Pork with Rice Pork, soy sauce, tomato sauce, white vinegar, brown sugar, onion, capsicum, cherry tomatoes, pineapple, rice	Sweet Lamb Curry with Rice Lamb, oil, garlic, ginger, onion, garam marsala, chilli powder, curry powder, chicken stock, brown sugar, tomato paste, cloves, apple, sultanas, rice	Beef Lasagne with Mash Whole wheat lasagne noodles, ground beef, carrot, zucchini, Italian herbs, garlic, crushed tomatoes, salt, pepper, basil, assorted cheese, potatoes	Corn & Bacon Chowder with Bread Roll Corn, Nuttalex, bacon, oil, garlic, onion, chicken broth, potatoes, thyme, cream, shallots, salt & pepper, bread rolls
Afternoon Tea	Fresh Fruit/Vegetable Platter with Banana Bread Nuttalex, flour (1/2 wholemeal & 1/2 white), cinnamon, brown sugar, bananas, egg replacer, milk	Fresh Fruit/Vegetable Platter with Fruit Toast	Fresh Fruit/Vegetables Platter with Savoury Scones Flour (1/2 wholemeal & 1/2 white), coconut sugar, salt, pepper, Nuttalex, milk, chives, parmesan cheese, cheddar cheese	Fresh Fruit/Vegetable Platter with Healthy Weetbix Slice Sultanas, coconut, weetbix, cocoa, honey, water, choc chips, coconut oil	Fresh Fruit/Vegetable Platter with Pikelets Flour (1/2 wholemeal & 1/2 white), baking powder, coconut sugar, egg replacer, milk, vanilla extract, Nuttalex

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