

Devonport Child Care Centres Inc

# Winter Menu

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

**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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<b>Week 2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttalex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttalex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttalex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttalex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttalex</li> <li>• Toast</li> </ul>
<b>Lunch</b>	<b>Chicken Burgers with Lettuce, Cheese, Tomato &amp; Carrot</b>  Chicken mince, onion, carrot, zucchini, curry powder, tomato paste, worstershire sauce, breadcrumbs, lettuce, cheese, tomato, wholemeal bread rolls	<b>Pasta Bake with Seasonal Vegetables</b>  Pasta, tomato sauce, carrot, broccoli, peas, mozzarella cheese, seasonal vegetables	<b>Chilli Con Carne with Rice, Homemade Corn Chips &amp; Greek Yoghurt</b>  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	<b>Roast Pork with Baked Potatoes, Seasonal Vegetables and Homemade Apple Sauce</b>  Pork, oil, salt, baked potatoes, seasonal vegetables, homemade apple sauce	<b>Porcupine Meatballs with Seasonal Vegetables and Pasta Spirals</b>  Beef mince, onion, garlic, carrot, zucchini, mixed herbs, rice, worstershire sauce, breadcrumbs, tomato soup, seasonal vegetables, pasta
<b>Afternoon Tea</b>	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

<b>Week 3</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttalex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttalex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttalex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttalex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttalex</li> <li>• Toast</li> </ul>
<b>Lunch</b>	<b>Cottage Pie with Sweet Potato</b> Beef mince, onion, garlic, carrot, peas, corn zucchini, celery, beef stock, tomato paste, worstershire sauce, cornflour, sweet potato, potato	<b>Chicken Stroganoff with Rice</b> Chicken thighs, garlic, salt, pepper, oil, onion, mushrooms, Nuttalex, flour, beef stock, dijon mustard, sour cream, rice	<b>Beef/Lamb Casserole with Potato Mash</b> Bacon, lamb or beef, , salt, pepper, flour, onion, garlic, mushrooms, beef broth/stock, tomato paste, bay leaves, thyme, potatoes, carrots, parsley	<b>Zucchini Slice with Tomato Relish</b> Oil, onion, bacon, garlic, carrot, zucchini, flour, cheese, parsley, rice milk, salt, pepper	<b>Pulled Beef Wrap with Slaw &amp; Cheese</b> Flour tortillas, cheese, shredded beef, Mexican red rice, corn kernels, black beans, slaw
<b>Afternoon Tea</b>	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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<b>Week 4</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttelex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttelex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttelex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttelex</li> <li>• Toast</li> </ul>	Fresh fruit &/or vegetable sticks with one of the following options – <ul style="list-style-type: none"> <li>• Yoghurt</li> <li>• Rice Cakes with either cream cheese or Nuttelex</li> <li>• Toast</li> </ul>
<b>Lunch</b>	<b>Fish Fingers with Mash &amp; Seasonal Vegetables</b>  White fish fillets, breadcrumbs, parsley, lemon zest, olive oil, egg replacer, milk, flour, salt & pepper, seasonal vegetables	<b>Sweet &amp; Sour Pork with Rice</b>  Pork, soy sauce, tomato sauce, white vinegar, brown sugar, onion, capsicum, cherry tomatoes, pineapple, rice	<b>Sweet Lamb Curry with Rice</b>  Lamb, oil, garlic, ginger, onion, garam marsala, chilli powder, curry powder, chicken stock, brown sugar, tomato paste, cloves, apple, sultanas, rice	<b>Beef Lasagne with Mash</b>  Whole wheat lasagne noodles, ground beef, carrot, zucchini, Italian herbs, garlic, crushed tomatoes, salt, pepper, basil, assorted cheese, potatoes	<b>Corn &amp; Bacon Chowder with Bread Roll</b>  Corn, Nuttelex, bacon, oil, garlic, onion, chicken broth, potatoes, thyme, cream, shallots, salt & pepper, bread rolls
<b>Afternoon Tea</b>	Fresh Fruit/Vegetable Platter with Banana Bread  Nuttelex, 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, Nuttelex, 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, Nuttelex

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