



Camberwell
Kindergarten &
Childcare Centre

WEEK ONE OF THE SUMMER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA	MORNING TEA
Apples, Pears, Oranges, Bananas and milk/soy	Apples, Pears, Oranges, Bananas and milk/soy	Apples, Pears, Oranges, Bananas and milk/soy	Apples, Pears, Oranges, Bananas and milk/soy	Apples, Pears, Oranges, Bananas and milk/soy
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Sandwiches White, wholegrain breads consisting of boiled eggs, mayonnaise, tuna, ricotta cheese, lemon juice, ham, vegemite	Meat Lasagna Mince meat, lasagna sheets, onions, diced carrots, crushed tomatoes, beef stock powder, tomato & soy sauce, mixed herbs White sauce Milk, flour, nuttlex butter & grated cheese	Apricot Chicken Chicken pieces, carrots, mixed vegetable, apricot nectar, apricot/prunes, French onion soup and Moroccan seasoning served with white rice	Fried Rice White Rice, onions, red & green capsicums, mixed veggies, consisting of green beans, carrots, corn & peas, eggs, spring onion soy sauce and seasoning	Chicken Jambalaya Served with pasta chicken strips, red and green capsicums, onion, tomato risoni paste
DESERT	DESERT	DESERT	DESERT	DESERT
Yoghurt	Fruit Salad	Yoghurt	Yoghurt	Sliced Pears or Peach
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Plain rice crackers with sultanas. Cubed cheese & apple rings	Raisin bread with nuttlex butter	Marble Cake Flour, brown sugar, eggs, nutlex, coca and cinnamon	Seasonal Fruit platter with watermelon and cantaloupe	Whole meal Premium Biscuits with vegemite & cheese slices

**Babies have a variety of mashed fresh vegetables for lunch.
Milk and Water are provided with every meal each day.**



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Apples, Pears, Oranges, Bananas and milk/soy	Apples, Pears, Oranges, Bananas and milk/soy	Apples, Pears, Oranges, Bananas, and milk/soy	Apples, Pears, Oranges, Bananas, and milk/soy	Apples, Pears, Oranges, Bananas, and milk/soy
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Egg, Corn & Spinach Slice (Vegetarian) Eggs, milk, onions, spinach, nuttlex butter, corn kernels, plain flour, Australian mustard, cannellini beans Served with bread and nutlex	Savory Chillian Mince Mince meat, onions, carrots, curry powder, tomato puree, oregano, ginger, cumin, coriander and cinnamon powder served with Brown Rice	Tuna Moray Pasta, tuna, corn, zucchini, red capsicum, cheese, egg, paprika, plain flour, nutlex, milk	Baked beans Shepherd Pie Baked beans, mince beef, onion, cheese, mashed potato, milk and nutlex	Lentil Rice (Vegetarian) Lentil, white rice, carrots, sultana
DESERT	DESERT	DESERT	DESERT	DESERT
Yoghurt	Fruit Salad	Yoghurt	Yoghurt	Slice pears & peaches
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Raisin bread with nuttlex butter	Whole meal Premium Biscuits with vegemite & cheese slices	Seasonal Fruit platter with watermelon and cantaloupe	Plain rice crackers with cubed cheese, sultanas & apple rings	Pumpkin scones Pumpkin, self-raisin flour, brown sugar, cinnamon

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LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Zucchini Slice Dish (vegetarian) Eggs, cheese, zucchini, onion, milk, flour, & seasoning served with baked beans	Tuna & Mushroom Casserole Pasta, tuna, mushroom, corn, peas, onion and <u>White sauce</u> butter, flour, milk & cheese	Chicken Chow mein Diced chicken breast, onion, red & green capsicum, peas, corn, diced carrot, Served with white rice	Spaghetti Bolognaise Mince meat, pasta, onions, tomato puree, mixed herbs, mixed veggies And cheese	Creamy chicken Diced chicken, Australian mustard, onion, cream, lemon juice. Corn flour, natural yogurt Served with brown rice
DESERT	DESERT	DESERT	DESERT	DESERT
Fruit Salad	Yoghurt	Sliced Pears	Yoghurt	Two fruit
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Plain Rice Crackers with cubed cheese, sultanas & apple rings	Fruity English muffins, Nutlex and vegemite	Wholemeal Premium Biscuits with vegemite & cheese slices	seasonal fruits consisting of watermelon, canteloupe	Carrot muffins Flour, brown sugar, cinnamon, carrot, apple, milk, eggs, vanilla

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LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Sausages with baked beans and mashed potato	Butter Chicken Diced Chicken tomato puree, tandoori paste, onion, corn flour and yogurt with Brown Rice	Kofteh Mince meat, onions, rice, tomato diced, yellow split peas, basil, tarragon, parsley, lemon juice, turmeric, prune/sultana	Vegetable slice Eggs, soymilk/milk, onion, flour, mix veggie, capsicum, cheese, celery, corn	Beef And Pasta Dish Mince meat, pasta, onions, carrots, corn, peas, tomato puree, oregano & cheese
DESERT	DESERT	DESERT	DESERT	DESERT
Yoghurt	Fruit Salad	Yoghurt	Yoghurt	Sliced peaches
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Raisin bread and nutlex butter	Plain & Whole meal Pita Bread with dips Avocado, Tzatziki, Hummus	Banana cake Banana, flour, brown sugar, milk, cinnamon, vanilla and nutlex	Plain Rice crackers with cubed cheese, sultanas & apple rings	Platter of Seasonal Fruits consisting of Watermelon, Cantelope

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