



Camberwell
Kindergarten &
Childcare Centre

WEEK ONE OF THE WINTER 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
Baked Spinach Cheesy Pasta (Italian) Pasta, spinach, ricotta cheese, onions, evaporated milk, Australian mustard, corn and peas	Pumpkin and Red Lentil Soup Diced pumpkin, red lentil, onion, yoghurt Served with bread rolls	Couscous with minced beef and sweet potato (Moroccan) Minced beef, diced sweet potatoes, onions, tomato puree, cannelloni beans and Moroccan spices Served with Couscous	Butter Chicken (Indian) Diced chicken fillets, tandoori paste, yoghurt and tomato puree Served with brown rice	Minced Beef and potato (Persian) Minced beef, diced potato, onion, tomato puree, cumin, cinnamon and coriander powder Served with rice
DESERT	DESERT	DESERT	DESERT	DESERT
Fruit Salad	Yoghurt	Sliced Pears & Peaches	Yoghurt	Yoghurt
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Whole meal & White English Muffins with vegemite, cream cheese	Seasonal Fruit Grapes & Mandarin	Whole meal Premium Biscuits with vegemite & cheese slices	Plain rice cracker, sultana and cheese cubes	Zucchini & Carrot cake zucchini, carrot wholemeal S.R flour, cinnamon, raw sugar, nutalex butter, nutmeg and eggs

**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
<p>Broccoli Pasta Bake</p> <p>Pasta, peas, eggs, broccoli, onions, and grated cheese</p>	<p>Chicken Pilaf</p> <p>Chicken, rice, herbs, spices, tomato puree, garlic, salt & pepper</p>	<p>Spaghetti Bolognese</p> <p>Minced beef, mixed vegetables, (carrots, beans, peas, corn kernels) onions, tomato puree and grated cheese</p>	<p>Moroccan Sweet Potato and Chickpea Soup</p> <p>Sweet potatoes, carrots, chickpea, chicken stock, onions, garlic, ground cumin, coriander, chili, and lemon juice</p> <p>Served with bread rolls</p>	<p>Chili Con Carne with rice (Mexican)</p> <p>Minced beef, onions, tomato puree, red & green capsicum, red kidney beans, curry powder & oregano</p>
DESERT	DESERT	DESERT	DESERT	DESERT
Fruit Salad	Yoghurt	Yoghurt	Sliced Pears & Peaches	Yoghurt
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
<p>Plain Rice cracker with Sultana & apple rings</p>	<p>Pita bread White & Wholemeal Dips Hummus & Avocado</p>	<p>Seasonal Fruit Grapes, Mandarins</p>	<p>Selection of mixed sandwiches consisting of cheese, vegemite, cream cheese on wholemeal & wholegrain breads</p>	<p>Carrot Cake grated carrots, SR flour, eggs, brown sugar, soya milk, nuttalex butter</p>

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LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
Carrots, Zucchini & Potato Slice (Italian) Grated zucchini, carrots, potatoes, eggs, onions, grated cheese & flour Served with bread & butter	Minced Beef & Cabbage Minced beef, shredded cabbage, celery, onions, & mild curry paste Served with rice	Barley and Vegetable Soup Barley, carrots, zucchini, celery, onion, garlic, tomato, garbanzo beans, curry powder, paprika, & Worcestershire sauce Served with bread rolls	Rice & vegetable slice Zucchini, carrots, capsicum, onion, S/R flour, milk, eggs, cheese and rice	Creamy chicken with brown rice Chicken, Australian mustard, onion, plain yoghurt & lemon juice Served with brown rice
DESERT	DESERT	DESERT	DESERT	DESERT
Fruit Salad	Yoghurt	Sliced Pears	Yoghurt	Two Fruits
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Raisin bread and nutlex butter	Plain rice crackers with cubed cheese & sultana	Plain & Whole meal Pita Bread with dips Avocado, Hummus	Wholemeal Premium Biscuits with vegemite & cheese slices	Banana Cake SR flour, mashed banana, castor sugar, eggs, soy milk & nutlex butter

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LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
<p>Cream of Cauliflower & Potato Soup</p> <p>Cauliflower, potato, vegetable stock, natural yoghurt, onions, garlic, ground coriander & cumin</p> <p>Served with bread rolls</p>	<p>Beef & Pasta (Mediterranean)</p> <p>Minced beef, spiral pasta, onion, garlic, carrots, corn kernels, peas, tomato purée, mixed herbs & grated cheese</p>	<p>All In One Quiche</p> <p>Chicken, diced tomatoes, corn kernels, eggs, flour, milk, grated cheese & mixed herbs</p>	<p>Tuna Rice</p> <p>Tuna, mixed vegetable, mushroom white sauce (with soy milk), herbs breadcrumbs, cheese and rice</p>	<p>Diced beef with yellow spilt peas with rice</p> <p>Diced beef, yellow spilt peas, potato tomato puree & cooked rice</p>
DESERT	DESERT	DESERT	DESERT	DESERT
Two fruits	Yoghurt	Pears/ Peaches Slices	Yoghurt	Fruit Salad
AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA	AFTERNOON TEA
Raisin bread with nutlex butter	Plain Rice Crackers with sultanas & cubed cheese	Plain & Wholemeal biscuits with cheese slices & vegemite	Platter of dried fruits Apricots, sultanas, cubed cheeses	Apple cake Diced apples, nutlex butter, SR flour, castor sugar, soy milk and eggs.

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