

Captain Bligh ELC Seasonal Menu Week 2

Serve	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Rice Bubbles/Sultana Bran Low Fat Milk	Rice Bubbles/Sultana Bran Low Fat Milk	Rice Bubbles/Sultana Bran Low Fat Milk	Rice Bubbles/Sultana Bran Low Fat Milk	Rice Bubbles/Sultana Bran Low Fat Milk
Morning Tea	Toasted Whole meal English Muffins/ Baked Beans Low Fat Milk/Water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, Hummus Dip, cheese, crackers Low Fat Milk / Water	Apple and Oat Bars Low Fat Milk/ Water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, cheese, Hummus Dip crackers Low Fat Milk/Water	Baked Beans with Whole meal Buttered Toast. Low Fat Milk/ Water
Lunch	Casserole of Beef served with Rice Pea's, Carrot and Cauliflower Water RED PROTEIN DISH Hal Hal-Chicken Meatballs	Mixed Whole meal Sandwiches Egg, Chicken, Roast Beef, Tuna, Cheese, Salad Vegemite Orange and Capsicum platter Water	Buttered Whole meal Pasta with Beef with Grated Carrot and Zucchini Garden Salad Water RED PROTEIN DISH VEGO-Tuna Pasta	Chicken Cacciatore with Carrot and mixed vegetables, boiled potato with skin on Water	Zucchini Slice & Steamed Beans, Carrot & Corn Salad Tomato and Capsicum Whole meal Bread & Butter Water
Afternoon Tea	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, capsicum, cheese, crackers Low Fat	Low Fat Custard and Tinned Fruit in juice Low Fat Milk/water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, capsicum, cheese, crackers Low Fat	Whole meal Apple and Carrot Mini Muffins Low Fat Milk/water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, cheese, crackers Low Fat Milk/Water
Late Snack	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
Key:	Breads,Cereals,rice and pasta ,Vegetables ,Fruit ,Redmeat, White meat, Dairy and Protein				