

Captain Bligh ELC Seasonal Menu Week 3

Serve	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cornflakes/Weetbix Low Fat Milk/Water	Cornflakes/Weetbix Low Fat Milk/Water	Cornflakes/Weetbix Low Fat Milk/Water	Cornflakes/Weetbix Low Fat Milk/Water	Cornflakes/Weetbix Low Fat Milk/Water
Morning Tea	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, cheese, crackers Low Fat Milk/Water	Low Fat Yoghurt and Tinned Peaches in juice Low Fat Milk/Water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, cheese, crackers Low Fat Milk/Water	Baked Beans on Toast. Low Fat Milk/ Water	Low Fat Yoghurt and Tinned Fruit in juice Low Fat Milk/Water
Lunch	Lamb Trecolori with Vegetables Capsicum, zucchini, carrots and Cheese Pasta Garden Salad Water RED PROTEIN DISH HalHal/VEGO Zucchini Slice Water	Chicken and Vegetable Sausage rolls with Bread & Butter WHITE PROTEIN DISH Water	Mixed Whole meal Sandwiches Egg, Chicken, Roast Beef, Tuna, Cheese, Salad Vegemite Orange and Capsicum platter Water	Beef and Bean Nachos with grated carrot, zucchini and cheese RED PROTEIN DISH Water	Chicken curry with spinach, carrot, and peas and rice WHITE PROTEIN DISH Water
Afternoon Tea	Savory muffins, with sweet corn, grated carrot, cheese Low FatMilk/Water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, cheese, crackers, Low Fat Milk/Water	Hulk Fritters with peas and zucchinis Low Fat Milk/Water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, Hummus cheese, crackers Low Fat Milk/Water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, cheese, Tzatziki dip, 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, Red Meat, White Meat, Dairy and Protein				