

Captain Bligh ELC Seasonal Menu Week 4

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	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, Hummus, cheese, crackers Low Fat Milk/Water	Baked Beans with Whole meal Buttered Toast. Low Fat Milk/ Water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, cheese, crackers Low Fat Milk/Water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, cheese, crackers Low Fat Milk/Water	English muffins with cheese Low Fat Milk/Water
Lunch	Tuna Pasta Bake with Whole meal Pasta and Vegetables carrots and broccoli RED PROTEIN DISH Water	Zucchini Slice & Steamed Beans, Carrot & Corn Whole meal Bread & Butter Water	Meatloaf with Mash Potato and Vegetables peas, carrots Whole meal Bread & Butter RED PROTEIN DISH VEGO-Zucchini Slice Water	Mixed Whole meal Sandwiches Egg, Ham, Roast Beef, Tuna, Cheese, Salad Vegemite Orange and Capsicum platter Water	Vegetarian cottage pie with carrots, onions, mushrooms, celery, tomato potato and lentils with served with tossed salad Whole meal Bread & Butter Water
Afternoon Tea	Apple and Sultana Oat Biscuits Low Fat Milk/Water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, cheese, crackers Low Fat Milk/Water	Low fat Yoghurt and Tinned Fruit in juice Low Fat Milk/water	Savory muffins, with sweet corn, grated carrot, cheese Low Fat Milk/water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, cheese, Hummus, crackers Low Fat Milk/Water
Late Snack	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter	Fruit Platter
Key:	Breads, Cereals, rice and pasta, Vegetables, Fruit, Red meat, White meat, Dairy and Protein				