

# Captain Bligh ELC Seasonal Menu Week 1

Serve	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix/Cornflakes Low Fat Milk/Water	Weetbix/Cornflakes Low Fat Milk/Water	Weetbix/Cornflakes Low Fat Milk/Water	Weetbix/Cornflakes Low Fat Milk/Water	Weetbix/Cornflakes Low Fat Milk/Water
Morning Tea	Low Fat Yoghurt and Tinned Fruit in natural juice Low Fat Milk/Water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, dried fruit cheese, crackers Low Fat Milk/Water	Toasted Wholemeal Crumpets/ Baked Beans Low Fat Milk/ Water	Low Fat Custard and Tinned Two Fruits in juice Low Fat Milk/Water	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, cheese, crackers Low Fat Milk/Water
Lunch	Mixed Wholemeal Sandwiches Egg, Chicken, Roast Beef, Tuna, Cheese, Salad Vegemite Water	Moroccan Chicken Meatballs with Couscous Peas & Carrots Water WHITE PROTEIN DISH	Cottage Pie with Steamed Carrots & Beans Wholemeal Bread Water RED PROTEIN DISH VEGO Pumpkin Soup/ blended with lentils Orange/ Capsicum Platter	Pasta Bolognese made with Wholemeal Pasta Peas & Corn Water WHITE PROTEIN DISH Gluten Free-GF Pasta	Mixed Wholemeal Sandwiches Egg, Chicken, Roast Beef, Tuna, Cheese, Salad Vegemite Water
Afternoon Tea	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, carrot, broccoli, Tzatzikidip ,cheese, crackers Low Fat	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	Fruit & Veg Platter watermelon, banana kiwifruit, apples, oranges, Carrot, broccoli, dried fruit,cheese, crackers Low Fat Milk/Water	Whole meal Banana Mini Muffins 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				