



# WEEKLY MENU 4

Rainforest ELC



|  | <b>Monday</b><br><small>Egg allergy &amp; No pork</small>  | <b>Tuesday</b><br><small>Egg allergy &amp; No pork</small>   | <b>Wednesday</b><br><small>Nut allergy &amp; No pork</small>   | <b>Thursday</b><br><small>Egg allergy , Halal meat, No beef/no pork</small>  | <b>Friday</b><br><small>Halal meat &amp; no pork</small>  |
|--|--|--|--|--|---|
| <b>Breakfast</b>   | <i>Cereals/Toast and Low Milk</i>  | <i>Cereals/Toast and Low Milk</i>  | <i>Cereals/Toast and Low Milk</i>  | <i>Cereals/Toast and Low Milk</i>  | <i>Cereals/Toast and Low Milk</i>   |
| <b>Morning Tea</b>  | Vita wheats with vegemite and cream cheese<br><b>Water or Low Fat Milk</b>   | <i>Yoghurt</i><br><br><b>Water or Low Fat Milk</b>   | <i>Corn Relish Dip (Low Fat Sour Cream) and Rice Crackers</i><br><b>Water or Low Fat Milk</b>                  | <i>Custard</i><br><br><b>Water or Low Fat Milk</b>   | <i>Pop Corn with sultanas</i><br><b>Water or Low Fat Milk</b>   |
| <b>Lunch</b>        | Wholemeal sandwich platter tomatoes, baked beans, cheese & cucumber and vegemite. Served with corn cobs and carrot sticks.<br><br><b>Served with water &amp; sliced apples</b>   | Pasta Bake with Bolognese Sauce Served with mixed steamed veggies<br><br><b>Served with wholemeal bread, water &amp; sliced apples</b> | Tuna patties served with mixed vegetables<br><br><b>Served with wholemeal bread, water &amp; sliced apples</b> | Savoury mince pie with crispy bread and mixed vegetables<br><i>Chicken/beef</i><br><br><b>Served with wholemeal bread, water &amp; sliced apples</b> | Chicken Risotto with mushrooms, tomatoes and capsicums<br><br><b>Served with wholemeal bread, water &amp; sliced apples</b> |
| <b>Afternoon Tea</b>   | <i>Fruit &amp; Vegetable Platter</i><br><b>Water or Low Fat Milk</b>   | <i>Fruit &amp; Vegetable Platter</i><br><b>Water or Low Fat Milk</b>   | <i>Fruit &amp; Vegetable Platter</i><br><b>Water or Low Fat Milk</b>   | <i>Fruit &amp; Vegetable Platter</i><br><b>Water or Low Fat Milk</b>   | <i>Fruit &amp; Vegetable Platter</i><br><b>Water or Low Fat Milk</b>  |
| <b>Late Afternoon Tea</b>  | <p>Due to the small number of children in the late afternoon, children and their Educators will decide on the day what they would like to eat.</p> <p><u>Egg substitute used for all recipes</u>      <u>*Halal meal also provided</u></p> |  |  |  |   |