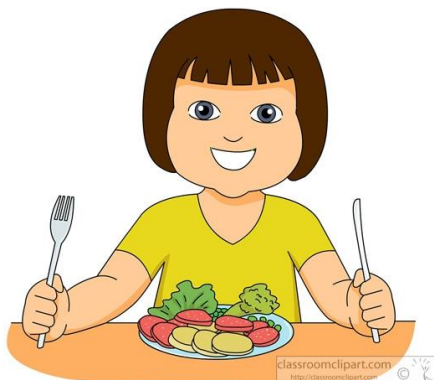


## Canning Vale School of Early Learning

### Winter Menu – Week 1



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	Cereal with milk	Fruit salad and Yoghurt	Toast with vegemite and jam	Porridge	Fruit toast
<b>Lunch</b>	Shepherd's pie with vegetables	Toasted sandwiches	Chicken and corn soup with bread	Pizza – ham, cheese & tomato	Tuna mornay
<b>Afternoon Tea</b>	Fruit salad	Pikelets	Fruit salad	Cheese and vegemite scrolls	Apricot delight balls
<b>Late Snack</b>	Rice cakes with butter and vegemite	Pretzels, sultanas and apricots	Crackers and cheese	Vegetable sticks	Fruit platter



❖ Vegetarian, dairy and gluten free option available



## Canning Vale School of Early Learning

### Winter Menu – Week 2



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	Fruit salad and Yoghurt	Toast with vegemite and jam	Porridge	Fruit toast	Cereal with milk
<b>Lunch</b>	Tuna and corn patties	Beef and broccoli stir fry	Vegetarian pasta carbonara	Chilli con carne with rice	Baked chicken risotto
<b>Afternoon Tea</b>	Raisin balls	Fruit salad	Spinach and cheese muffin	Carrot & zucchini loaf	Fruit salad
<b>Late Snack</b>	Vegetable sticks	Crackers and cheese	Fruit platter	Pretzels, sultanas and apricots	Rice cakes with butter and vegemite



❖ **Vegetarian, dairy and gluten free option available**



## Canning Vale School of Early Learning

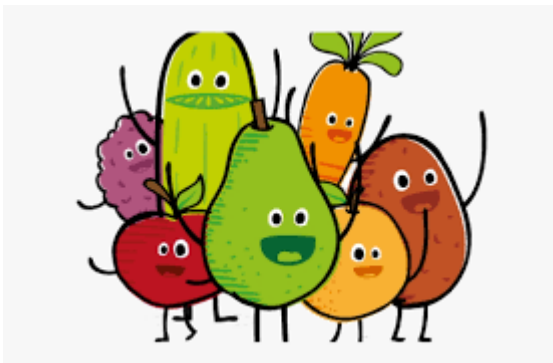
### Winter Menu – Week 3



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	Toast with vegemite and jam	Porridge	Fruit toast	Cereal with milk	Fruit salad and Yoghurt
<b>Lunch</b>	Red lentil soup with bread	Chicken and vegetable rolls	Beef stroganoff	Creamy tuna pasta	Meat and vegetable rissoles
<b>Afternoon Tea</b>	Fruit salad	Apricot shortbread crumble slice	Banana bread with butter	Fruit salad	Muesli bar
<b>Late Snack</b>	Crackers and cheese	Vegetable sticks	Fruit platter	Rice cakes with butter and vegemite	Pretzels, sultanas and apricots

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❖ Vegetarian, dairy and gluten free option available



## Canning Vale School of Early Learning

### Winter Menu – Week 4



Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	Porridge	Fruit toast	Cereal with milk	Fruit salad and Yoghurt	Toast with vegemite and jam
<b>Lunch</b>	Chicken curry	Spaghetti Bolognese with vegetables	Vegetable hot pot with couscous	Chicken toasted sandwiches	Hokkien noodles and vegetable stir-fry
<b>Afternoon Tea</b>	Pumpkin and cheese scones	Apple & cinnamon scrolls	Fruit salad	Pikelets	Fruit salad
<b>Late Snack</b>	Vegetable sticks	Fruit platter	Crackers and cheese	Pretzels, sultanas and apricots	Rice cakes with butter and vegemite



❖ Vegetarian, dairy and gluten free option available

