

# HARMONY CHILD LEARNING CENTRE

## WEEKLY MENU Week Commencing.....

		<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
AM snack		Fruit	Fruit	Fruit	Fruit	Fruit
Lunch		<b>Macaroni Cheese</b> Ham Pasta Broccoli Cauliflower Zucchini Onion Cheese topping	<b>Chicken &amp; Rice</b> Stir fry chicken Rice, white/brown Celery Corn Peas Carrots Cabbage Soy sauce & honey	<b>Lentil Bolognaise (vegetarian)</b> Lentils Pasta Carrots Peas Tomato Onion Cheese topping	<b>Shepherds Pie</b> Mince Potato Sweet potato Pumpkin Corn Carrots Peas Onion Gravy	<b>Tuna Pasta</b> Tuna Pasta Corn Green beans Capsicum Onion Parsley sauce
	Babies	As above (no pasta or cheese)	As above (no sauce)	As above (no pasta or cheese)	As above	As above (no pasta or sauce)
	Dessert	Fruit salad & yoghurt	Vanilla pudding with sultanas	Pears with custard	Apple crumble & ice-cream	Two fruits & yoghurt
PM snack		Vegemite & carrot dip with Turkish bread	Mixed platter of cheese, carrot, cucumber, sultanas	Guacamole dip with rice crackers	Muesli slice	Salada crackers with Vegemite, cheese spread, or honey

Babies under 12 months of age: no dairy, no wheat, no egg