



Binara



Winter Menu 4

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Sultanas and Yoghurt and Raisin Toast	Fresh Fruit Salad with Honey and Cinnamon Yogurt and Oats	Fresh Fruit and Yogurt with Toast Soldiers	Fresh Fruit and Toasted English Muffins	Fresh Fruit and Yoghurt and Vegemite Toast
Lunch	Thai Chicken Curry and Rice with Pumpkin and Potato Cubes and Steamed Greens	Home Made Pizza and Salad	Cottage Pie and Seasonal Vegetables with Mash Potato and Bread and Butter Triangles	Spinach and Ricotta Strudels, Cous Cous Salad, Bread, Butter and Orange Quarters	Beef and Mushroom Casserole Rice with Bread and Butter, Steamed Beans and Carrots
Afternoon Tea	Dried and Fresh Fruit Platter with Cheese and Bread Sticks	Corn and Capsicum Fritters with Cheese	Cheese and Chive Dip and Crackers	Tuna and Corn Slice	Corn Relish Dip with Vegetable Sticks and Crackers
Late Snack	Cheesy Baguettes	Warm Vanilla Milk	Cheese and Sultanas	Vegemite Fingers	Cheese and Crackers
Baby's Meals	Capsicum Mushroom Potato Tofu	Carrot Sweet Potato Corn Chicken Grated Cheese	Peas Cauliflower Zucchini Tofu	Broccoli Spinach Tomato Cheese Squares Pasta	Mushroom Carrot Cauliflower Tofu

