



Forrest



Winter menu 2

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Cheese Toast and Yogurt Lassi's	Fresh Fruit and Toast	Fresh Fruit and Yoghurt and Raisin Toast	Fresh Fruit and Vegemite Toast	Fresh Fruit and Yoghurt and Crumpets
Lunch	Beef in Oyster Sauce, Cous Cous, Lavash Bread Slices and Steamed Seasonal Vegetables	Open Chicken Pie and Steamed Seasonal Vegetables and Bread and Butter	Chili Con Carne and Rice with Bread and Butter and Tomato, Corn and Cucumber Salsa	Sausage Hot Pot and Vegetables, Mash Potato, Bread and Butter	Baked Beans on English Muffins with Orange Slices
Afternoon Tea	Apple and Blueberry Crumble with Custard	Cheese, Bacon and Herb Scones	Salmon and Corn Slice	Apricot Wholemeal Scones and Warm Cocoa	Sausage Rolls with Fresh Tomato Puree
Late Snack	Mixed Sandwiches	Banana Stumps	Vegemite Crusts	Cheese and Biscuits	Warm Vanilla Milk
Baby's Meals	Peas Capsicum Corn Beef Grated Cheese	Celery Carrot Potato Chicken	Beans Sweet Potato Tofu Corn Grated Cheese	Potato Peas Broccoli Sausage	Kidney Beans Cauliflower Zucchini Beef

