



Fyshwick



Winter menu 1

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit and Raisin Toast and Milk	Fresh Fruit and Yoghurt and Toasted English Muffins	Fresh Fruit and Cinnamon Toast	Fresh Fruit with Yoghurt and Raisin Toast	Porridge with Sultanas and Apples
Lunch	Beef Stroganoff, with Rice, Snow peas and Carrots and Bread and Butter Triangles	Chicken Chow Mein Noodles, steamed Vegetables and sliced Baguettes	Assorted Sandwiches and Orange Quarters	Mince Surprise, Pasta, Bread and Butter Triangles, and Steamed Vegetables	Vegetarian Nachos with Salad, Bread and Butter Triangles and Orange Quarters
Afternoon Tea	Apple Tarts with Honey and Cinnamon Yogurt	Cream Cheese Crackers and Dried Fruit Platter	Salmon Pate and Vegetable Sticks	Cheese Puffs and Fresh Fruit	Hummus, Vegetable Sticks and Cheese Cubes
Late Snack	Vegemite Rice Cake Quarters	Cheese and Biscuits	Mini Date Muffins	Sundried Tomato and Cream Cheese Fingers	Mini Banana Muffins
Baby's Meals	Peas Potato Carrot and Tofu Beef	Zucchini Sweet Potato Cabbage Chicken	Tomato Corn Peas Tuna Grated Cheese	Carrot Zucchini Pumpkin and Tofu Beef	Pumpkin Peas Potato Kidney Beans Grated Cheese

