

MENU Week 4**Summer 2021**

	Monday	Tuesday	Wednesday	Thursday	Friday
AM SNACK	*Cheerios with Milk * Seasonal Fruit *Water	*Toasted Raisin Bread *Seasonal Fruit *Water	*WW Blueberry Scones *Seasonal Fruit *Water	*WW Cheese Biscuits *Seasonal Fruit *Water	*Blueberry Waffles *Seasonal Fruit *Water
LUNCH	* Black Bean Chilli with Carrots and Peas * Brown Rice * Milk * Seasonal Fruit	* Chicken Salad Sandwiches on WW Bread *Cucumbers and Assorted Bell Peppers * Milk * Seasonal Fruit	* Spaghetti Frittata with Zucchini and Bell Peppers * Caesar Salad * Milk * Seasonal Fruit	*Tandoori Chicken *Brown Rice * Green Beans and Carrot Salad *Milk *Seasonal Fruit	*Steamed Sole Fish *Mashed Sweet and White Potatoes *Quinoa with Peas * Milk * Seasonal Fruit
PM SNACK	*Rice Crackers *Seasonal Fruit *Water	*Yogurt Cones *Seasonal Fruit *Water	*Hummus with Cucumbers *WW Pita *Milk	*Brown rice cakes with No Nut Butter *Seasonal Fruit *Milk	*Whole Grain Crackers *Seasonal fruit *Milk
Condiments Max 1 tbsp per child	AM – Lunch- PM-	AM – Lunch- PM –	AM – Lunch- PM-	AM – Lunch- PM	AM – Lunch- PM