

Winter Menu 2017

Play's Kool + Newport Childcare Centres

WEEK ONE	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit
Lunch	Greek & Lentil Soup with Wholemeal Bread	Spanish Beef & Beans	Indian Chicken Biryani	Aussie Beef Pie with Corn on the Cob	Tuna & Vegetable Mornay
Early Afternoon Snack	Homemade Dip & Cucumber Dippers	Croatian Yoghurt Cake	Pear & Flaxseed Muffins	Vanilla Yoghurt with Red & Green Apple	Muesli Slice
Late Afternoon Snack	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices
WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit
Lunch	Scottish Shepherd's Pie	Chinese Chicken Chow Mein	Italian Spaghetti Bolognese	Welsh Fish & Leek Pie	Italian Minestrone Soup
Early Afternoon Snack	Fruity Bread Shapes	Zucchini Brownies	Vanilla Yoghurt with Red & Green Apple	Apple & Date Muffins	Cheese & Vegemite Scrolls
Late Afternoon Snack	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices
WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit
Lunch	Beef Tagliatelle	Italian Frittata	Swedish Tuna Melts	Macaroni Cheese	Indonesian Chicken & Rice
Early Afternoon Snack	Vanilla Yoghurt with Red & Green Apple	Pumpkin Fruit Cake	Anzac Biscuits	Homemade Dip & Cucumber Dippers	Banana Bread with fresh Banana Slices
Late Afternoon Snack	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices
WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit
Lunch	Chinese Chicken Noodle Soup with Multigrain Bread	Crumbed Fish with Vegetable Au Gratin	Corn Fritters with Chunky Tomato Salsa	Hungarian Beef Goulash with Couscous	Iranian Curry Beef
Early Afternoon Snack	Zucchini Brownies	Vanilla Yoghurt with Red & Green Apple	Dutch Apple Cake	Berry Yoghurt	Muesli Slice
Late Afternoon Snack	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices
WEEK 5	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Snack	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit	Japanese Rice Crackers Milk or Warm Milo Fresh Fruit
Lunch	Swedish Tuna Melts	Homemade Sausage Rolls	Healthy Mexican Nachos	Asian Chicken & Corn Soup	Green Eggs & Ham Pie
Early Afternoon Snack	Crunchy Cheese Straws	Homemade Dip & Cucumber Dippers	Zucchini Brownies	Harvest Muffins	Vanilla Yoghurt with Red & Green Apple
Late Afternoon Snack	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices	Cheese Squares on Saladas & Orange Slices