

**McGarths Hill  
Learning Centre  
Menu**



# Winter menu

## Week 1



### MONDAY

Breakfast  
**Raisin Toast**  
with fresh fruit and milk

Lunch  
**Meatballs**  
on penne pasta in Napolitana sauce. Served with salad

Afternoon tea  
**Banana muffins**

Late afternoon tea  
**Fresh fruit**  
with Milk Arrowroot biscuit

**Dietary requirements**  
We cater for gluten free and diary free options, as well as other dietary options where needed.

**Breakfast**  
9:00am 0-3yrs  
9:30am 3-5yrs

**Afternoon tea**  
3:00pm 0-3yrs  
3:30am 3-5yrs

**Lunch**  
11:00am 0-2yrs  
11:30am 2-3yrs  
12:00pm 3-5yrs

**Late afternoon tea**  
5pm All ages

### TUESDAY

Morning tea  
**Sultana cake**  
with fresh fruit and milk

Lunch  
**Honey Soy Chicken**  
with fried rice

Afternoon tea  
**Sao's with vegemite**

Late afternoon tea  
**Fresh fruit**  
with Milk Arrowroot biscuit

### WEDNESDAY

Morning tea  
**Rice crackers**  
with spread and fresh fruit.  
Served with Milo milk

Lunch  
**Ricotta & Spinach pastries**  
with Corn Cobs

Afternoon tea  
**Carrot & Cucumber**  
with Corn Relish dip

Late afternoon tea  
**Fresh fruit**  
with Milk Arrowroot biscuit

### THURSDAY

Morning tea  
**Apple & cinnamon muffins**  
with fresh fruit

Lunch  
**Assorted sandwiches**

Afternoon tea  
**Weet-bix slice**

Late afternoon tea  
**Fresh fruit**  
with Milk Arrowroot biscuit

### FRIDAY

Morning tea  
**Toast**  
with spread, fresh fruit and milk

Lunch  
**Fettucine Boscaiola**  
Served with garlic bread

Afternoon tea  
**Crackers**  
with cheese and tomato

Late afternoon tea  
**Fresh fruit**  
with Milk Arrowroot biscuit

