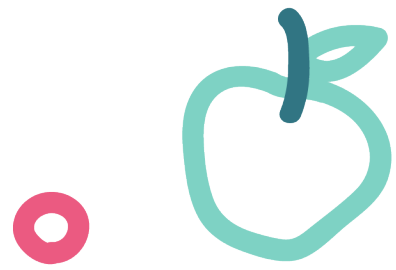


Kindalin
Menu



Menu



MONDAY

Breakfast
Assorted healthy cereals, dried fruit and wholemeal toast with healthy toppings

Morning tea
Wholemeal toast with avocado and sliced tomato
Seasonal fresh fruit platter

Lunch
Moroccan-Style lamb and chickpeas with wholemeal couscous
Canned fruit in natural juice

Afternoon tea
Wholemeal sandwich triangles with tuna and creamed corn
Vegetable platter



Dietary requirements
Individual dietary requirements including known allergens and vegetarian options are catered for throughout the day.

Snacks
Late snack is provided for children who are collected later in the day.

Water
Water is offered throughout the day and is accessible in each room.

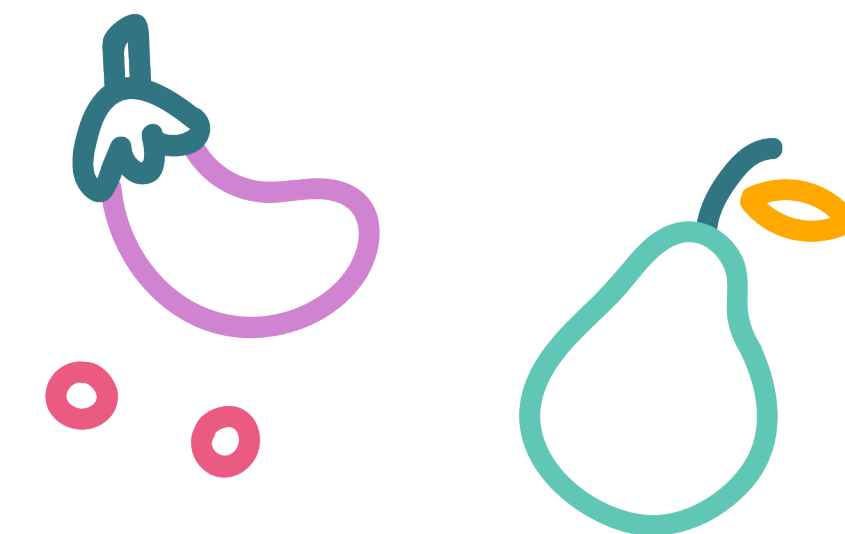
TUESDAY

Breakfast
Assorted healthy cereals, dried fruit and wholemeal toast with healthy toppings

Morning tea
Wholemeal raisin toast with ricotta cheese
Seasonal fresh fruit platter

Lunch
Lamb and mushroom Stroganoff with barley
Ice-cream

Afternoon tea
Wholemeal French stick with avocado and vegemite
Vegetable platter



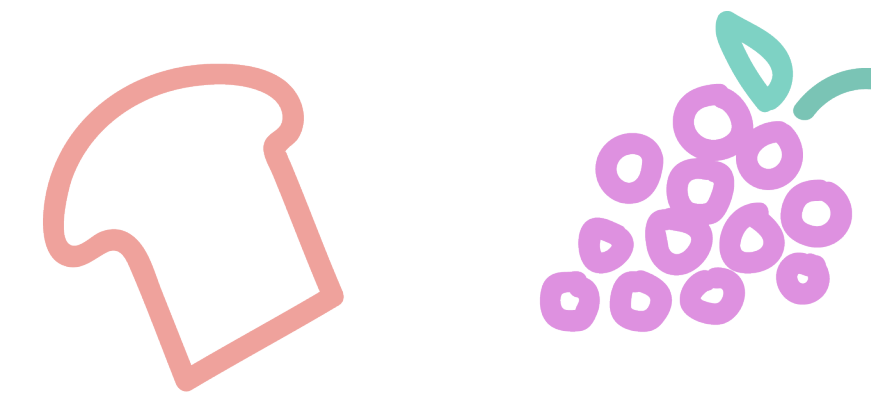
WEDNESDAY

Breakfast
Assorted healthy cereals, dried fruit and wholemeal toast with healthy toppings

Morning tea
Wholemeal toast with sliced cheese
Seasonal fresh fruit platter

Lunch
Red lentil and vegetable pasta
Plain Greek and vanilla yoghurt

Afternoon tea
Toasted wholemeal English muffins with baked beans
Vegetable platter



THURSDAY

Breakfast
Assorted healthy cereals, dried fruit and wholemeal toast with healthy toppings

Morning tea
Wholemeal toast with avocado and vegemite
Seasonal fresh fruit platter

Lunch
Chicken and vegetable stir fry with brown rice
Canned fruit in natural juice

Afternoon tea
Wholemeal raisin toast with ricotta cheese and sliced banana
Vegetable platter

FRIDAY

Breakfast
Assorted healthy cereals, dried fruit and wholemeal toast with healthy toppings

Morning tea
Wholemeal raisin toast with jam
Seasonal fresh fruit platter

Lunch
Lamb and vegetable San Choy Bau with rice noodles
Plain Greek and vanilla yoghurt

Afternoon tea
Vita-Weat crackers with tzatziki dip
Vegetable platter

