



Only About  
Children

# Only About Children Sample Spring Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## BREAKFAST

Fresh fruit, assorted cereals and toast with various spreads

## MORNING TEA

Stewed Peaches in Natural Juice with Greek Yoghurt

Wholemeal Fruit Toast served with Strawberries

Spring Grazing Platter with Dried Fruit, Apple Wedges and Cheese Slices

Fruit Salad & Natural Yoghurt

Multigrain Rice Cakes with a selection of Cheese, Tomato & Avocado

## LUNCH

Tasty Spring Chicken, Zucchini & Carrot Risotto

Shepherd's Pie served with Broccoli Florets

Slow Cooked Rogan Josh with Brown Rice

Asian Chicken & Veggie Noodle Stir-fry

Mushroom & Beef Stroganoff with Pasta served with Orange Wedges

## VEGETARIAN OPTION

Tasty Spring Cheese, Zucchini & Carrot Risotto

Lentil Shepherd's Pie served with Broccoli Florets

Slow Cooked Chickpea Rogan Josh with Brown Rice Served with Capsicum Sticks

Asian Tofu & Veggie Noodle Stir-fry

Mushroom Stroganoff & Pasta served with Orange Wedges

## AFTERNOON TEA

Cheese & Cucumber Wholemeal Sandwich Fingers served with Fruit Platter

Cottage Cheese & Avocado Dip served with Veggie Sticks & Brown Rice Crackers

Mini Spinach, Cheese & Garlic Pizzas with Orange wedges

Cheese & Vegemite Scrolls

Strawberry muffins served with Veggie Sticks

## LATE SNACK

Seasonal fruit with cheese and rice crackers

Puree alternative available for every meal. Beverages = Milk, Water, Express breast milk and formula.

Menu may change based on seasonal availability.