

Cairns TAFE Community Child Care Centre Week's Menu

16/09/2019 to 22/09/2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter milk, reduced fat Weetbix with Banana 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter Cheesy Ham and Egg poppers milk, reduced fat 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter Toast with sardines, cheese, hummus or beef milk, reduced fat 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter milk, reduced fat Homemade egg custard 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter Yoghurt milk, reduced fat
Lunch	<ul style="list-style-type: none"> Fish Wraps with salad salsa and Avocado sauce 	<ul style="list-style-type: none"> Assorted sandwiches 	<ul style="list-style-type: none"> Egg roll in a Bowl with noodles 	<ul style="list-style-type: none"> Soba Salad 	<ul style="list-style-type: none"> Assorted wraps
Alternate Choice	<ul style="list-style-type: none"> Sandwiches or rice crackers with assorted toppings 	<ul style="list-style-type: none"> Left Overs 	<ul style="list-style-type: none"> Sandwiches or rice crackers with assorted toppings 	<ul style="list-style-type: none"> Sandwiches or rice crackers with assorted toppings 	<ul style="list-style-type: none"> Sandwiches or rice crackers with assorted toppings
Nursery Lunch Only	<ul style="list-style-type: none"> Mashed Mixed Vegetables 	<ul style="list-style-type: none"> Mashed Mixed Vegetables 	<ul style="list-style-type: none"> Mashed Mixed Vegetables 	<ul style="list-style-type: none"> Mashed Mixed Vegetables 	<ul style="list-style-type: none"> Mashed Mixed Vegetables
Afternoon Tea	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter Zucchini and Ham Muffins 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter Hummus & Crackers 40 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter Yoghurt 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter No Bake Peanut Butter Energy Balls 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter Herb & cheese damper
Late Afternoon Snack	<ul style="list-style-type: none"> Boiled eggs and carrot sticks 	<ul style="list-style-type: none"> Oven roasted chickpeas 	<ul style="list-style-type: none"> Oven roasted chickpeas 	<ul style="list-style-type: none"> Hummus and crackers 	<ul style="list-style-type: none"> Assorted wraps (A/ Tea)

