

Cairns TAFE Community Child Care Centre Week's Menu

23/09/2019 to 29/09/2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter milk, reduced fat Pancakes 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter Banana and Blueberry Overnight Oats milk, reduced fat 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter milk, reduced fat Sweet potato tuna bites 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter milk, reduced fat Toast with sardines, cheese, hummus or beef 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter milk, reduced fat Pea Fritters Garlic and Lemon Dipping Sauce
Lunch	<ul style="list-style-type: none"> Sushi Bowl with Crumbed Fish 	<ul style="list-style-type: none"> Marinated Chicken Wings with Nutty Asian Slaw 	<ul style="list-style-type: none"> Assorted sandwiches 	<ul style="list-style-type: none"> Mexican Street Corn Pasta Salad 	<ul style="list-style-type: none"> Assorted wraps
Alternate Choice	<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 	<ul style="list-style-type: none"> Left Overs
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 Spinach Puffs 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter Healthy Baked Broccoli Tots with Hummus dipping sauce 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter The Best Ever Zucchini Bread 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter Yoghurt 	<ul style="list-style-type: none"> Fruit, Vegetable and cheese Platter Yoghurt
Late Afternoon Snack	<ul style="list-style-type: none"> Left Overs 	<ul style="list-style-type: none"> Boiled eggs and carrot sticks 	<ul style="list-style-type: none"> Sandwiches or rice crackers with assorted toppings 	<ul style="list-style-type: none"> Assorted wraps (A/ Tea) 	<ul style="list-style-type: none"> Left Overs

