

Garden Suburb Menu Week 3

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Morning Tea</u>				
A selection of Seasonal fruit	A selection of Seasonal fruit	A selection of Seasonal fruit	A selection of Seasonal fruit	A selection of Seasonal fruit
<u>Lunch</u>				
Honey Soy Chicken Stir Fry with Noodles	Beef Stroganoff with Rice	Sandwiches	Cheesy Broccoli Mornay	Crumbed Fish with Vegetable Rice
<u>Afternoon Tea</u>				
Vegemite Quesadilla	Yoghurt with Berries & Oats	Corn Cakes with Cream Cheese	Banana Bread	Cheese and Crackers
<p><i>Every meal is served with a choice of water/milk</i></p> <p><i>Where possible purees are created from the daily meal. Alternatively, a blend of fresh seasonal vegetable and or fruit is provided</i></p>				