

## Abacus Child Care & Education Centre

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables
	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Lunch	Baby Spinach & Corn Pie	Chinese Chicken	Spaghetti & Meatballs	Salmon Mornay	Beef Stroganoff
	Vegetables	Fried Rice		Vegetables	Pasta & Vegetables
	Sliced Bread	Sliced Bread	Sliced Bread	Sliced Bread	Sliced Bread
	Water	Water	Water	Water	Water
Afternoon Tea	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Sliced Peaches
	Grilled Cheese & Ham on	Saos & Vegemite	Crackers & Cheese	Sultana Muffins	Vanilla Yoghurt
	Toast				
	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water

**Nursery:** As above with pureed/mashed fruit and vegetables to suit individual needs.

**Late snack:** Fresh Fruit will be available for children.

Nursery will be provided with a variety of age appropriate snacks, fruit toast yoghurt etc.