

Appletree House 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	Beef Lasagne	Tuna Mornay	Chicken Cacciatore	Bolognese & Ricotta Pie	English Muffin Pizzas
	Vegetables	Vegetables	Pasta & Vegetables	Vegetables	Ham, Cheese & Vegetables
	Sliced Bread	Sliced Bread	Sliced Bread	Sliced Bread	
	Water	Water	Water	Water	Water
Afternoon Tea	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables	Caramel Banana Cake	Fresh Fruit/Vegetables	Fresh Fruit/Vegetables
	Cheese & Crackers	Raisin Toast	Vanilla Custard	Saos & Cheese	Rice Cakes & Jam
	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 or yoghurt.