

Great Beginnings Orange Menu- Week 6

Mealtime	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal selections include: Weet-bix, Honey Puffs, Rice Bubbles and Corn Flakes (Gluten Free - Weet-bix and Honey O's)				
Morning Tea	Fruit and vegetables with crumpets with honey and milk	Fruit and vegetables with custard	Fruit and vegetables with overnight oats with mixed berries	Fruit and vegetables with banana and mango smoothie	Fruit and vegetables with vegemite on English muffins and milk
Lunch	Brazilian chicken and rice with carrots, peas and capsicum with ½ piece of bread	Kangaroo Shepards pie with peas, carrot and mash potato with ½ piece of bread	Beef stir fry with carrots, capsicum, zucchini, snow peas, noodles and ½ piece of bread	Spicy Durban Curry with chicken, potatoes, carrot cucumber and flatbread	Mexican bean bowls with tomato, carrots, corn, beans, rice and ½ piece of bread
Afternoon Tea	Fruit and vegetables with yoghurt	Fruit and vegetables with carrot muffins and milk	Fruit and vegetables with dried fruit and milk	Fruit and vegetables harvest snaps and milk	Fruit and vegetables with rice crackers and cheese
Late Snack	½ a Vegemite sandwich	Cheese rice crackers	½ a Jam sandwich	Milk Arrowroot	½ a Vegemite sandwich