

MERRI COMMUNITY CHILDCARE CENTRE & KINDERGARTEN MENU 2016

WINTER WEEK 1

DAY	MORNING TEA	LUNCH	AFTERNOON TEA
<u>MONDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas, kiwi fruit Served with milk</p>	<p><u>Vegetable Macaroni Cheese</u></p> <p>Macaroni pasta with roast pumpkin and assorted vegetables in a creamy sauce bake with shredded cheese and bread crumb in oven</p>	<p><u>Fruit Cake</u></p> <p>A home baked cake prepared with mixed fruit and sultanas. <i>Served with milk</i></p>
<u>TUESDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas, Served with milk</p>	<p><u>Tuna Spaghetti With Bread Stick</u></p> <p>Tuna sautéed with garlic and onions with grated carrot and zucchini, tomatoes and spinach, simmered in a tomato pasta sauce with additional herbs for added flavour</p>	<p><u>Savoury Loaf</u></p> <p>Creamed corn, shredded cheese, diced capsicum, olives and feta cheese, eggs, self-raising flour, oregano. Baked in the oven until cooked and golden. Served with a spread of tomato relish. <i>Served with milk</i></p>
<u>WEDNESDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas, cubed cheese Served with milk</p>	<p><u>Beef meatballs pasta</u></p> <p>lean beef mince with onion and herb, simmered in tomato sauce serve with pasta and vegetables topping with parmesan cheese</p>	<p><u>Antipasto Platter With Flat Bread</u></p> <p>An assortment of cubed ham, cubed chicken loaf, cherry tomatoes, cucumber, cubed cheese and olives, served with flat bread. <i>Served with milk</i></p>

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<u>THURSDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Chicken Lasagne</u></p> <p>Garlic and onion sautéed with grated zucchini and carrots and lean minced chicken. Simmered in a homemade tomato pasta sauce with herbs. Layered between fresh lasagne sheets and cheese béchamel sauce, with shredded cheese sprinkled over the top to golden brown.</p>	<p><u>Raisin Bread</u></p> <p>Raisin bread prepared by our local bakery, spread lightly with Nuttalex and cut into triangles to serve.</p> <p>. Served with milk</p>
<u>FRIDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Irish stew served with wholemeal bread</u></p> <p>Lean diced beef simmered in a thick gravy stock sauce with carrots, potatoes and sweet potatoes. Served with wholemeal bread.</p>	<p><u>Fruit salad with yoghurt</u></p> <p>. Natural yoghurt served with tinned fruit salad</p>

WINTER WEEK 2

DAY	LUNCH	AFTERNOON TEA
<p><u>MONDAY</u></p>	<p><u>Pumpkin And Chickpea Soup With French Stick</u></p> <p>A hearty fresh soup, prepared by simmering pumpkin, potatoes, sweet potatoes carrots and onions and chickpeas. Served with fresh French stick.</p>	<p><u>Cheese Scones</u></p> <p>Freshly baked scones with shredded cheese baked through Served with milk</p>
<p><u>TUESDAY</u></p>	<p><u>Beef And Bean Pasta</u></p> <p>Lean diced beef sautéed with freshly prepared diced onions, green beans, carrots, pumpkin, zucchini, and eggplant, simmered in a tomato and herb sauce with 5 bean mix. Served through pasta</p>	<p><u>Peach and Yoghurt Slice.</u></p> <p>A freshly prepared slice prepared with mangoes, natural greek yoghurt with a self-raising flour base.</p> <p>Served with milk</p>
<p><u>WEDNESDAY</u></p>	<p><u>Hoisin Chicken With Jasmine Rice</u></p> <p>Lean chicken diced prepare with onion and carrot, zucchini and green beans. Simmered in an Asian hoisin sauce serve with jasmine rice</p>	<p><u>Yoghurt and Fruit</u></p> <p>Natural yoghurt served with tinned fruit salad</p>

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<u>THURSDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Beef Enchiladas with Jasmine Rice</u></p> <p>Lean Beef mince simmered and sautéed with onions, mild Mexican spice, herbs and pepper, grated carrots and zucchinis, mushrooms and baby spinach. Rolled up in flat bread and layered in an oven dish, with enchilada sauce poured over the top with an extra sprinkle of shredded cheese. Served with a Jasmine rice with corn, spring onions and capsicums.</p>	<p><u>Mango And Banana Loaf With Custard</u></p> <p>A light and fluffy loaf with the base full of mango pieces. Cooked until golden and served with custard</p>
<u>FRIDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Chicken And Chick Pea Cous Cous</u></p> <p>Lean thigh chicken fillets sautéed in a tomato and herb sauce with herbs, assorted vegetables: onions, capsicum, carrots and broccoli, mixed through with chick peas. Stirred through cous cous</p>	<p><u>Turkish Bread And Dips</u></p> <p>Freshly baked Turkish breads from our local bakery, sliced in half and spread with an assortment of dips, cut into cubed pieces to serve. <i>Served with milk</i></p>

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WINTER WEEK 3

DAY	MORNING TEA	LUNCH	AFTERNOON TEA
<u>MONDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Vegetable And Ricotta Lasagne</u></p> <p>Garlic and onion sautéed with grated zucchini and carrots. Simmered in a homemade tomato pasta sauce with herbs. Layered between fresh lasagne sheets and cheese béchamel sauce, with shredded cheese sprinkled over the top to golden brown.</p>	<p><u>Cracker Biscuits With Toppings</u></p> <p>Water crackers served with a choice of toppings: cheese, ham, tomato and cucumber.</p> <p><i>Served with milk</i></p>
<u>TUESDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Hamburgers In Rolls With Coleslaw Salad</u></p> <p>Lean minced beef mixed with eggs, breadcrumbs, fresh herbs, grated carrot and zucchini to form hamburgers. Served in fresh wholemeal dinner rolls, with freshly made coleslaw salad</p>	<p><u>Cheese and Chive bread</u></p> <p>Freshly baked bread made with self-rising flour, eggs, milk, creamed corn, chives and shredded tasty cheese</p> <p><i>Served with milk</i></p>
<u>WEDNESDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Teriyaki Chicken With Sushi Rice</u></p> <p>Lean chicken diced prepared with onion and carrots broccoli and cabbage sautéed in Japanese teriyaki sauce served with sushi rice</p>	<p><u>Pizza Bread</u></p> <p>A mixed assortment of fresh pizza breads from our local bakery: mushrooms, olives, cheese, tomato and ham, cut into squares to serve.</p> <p><i>Served with milk</i></p>

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<u>THURSDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Spanakopita With Baked Beans</u></p> <p>Diced onions, spring onions, leeks, red capsicum and baby spinach sautéed and mixed with eggs, feta cheese, tasty cheese, herbs and pepper. Poured into puff pastry and topped with puff pastry, baked in the oven until golden brown.</p> <p>Served with a side baked beans.</p>	<p><u>Cheese Scones</u></p> <p>Freshly baked scones with shredded cheese baked through.</p> <p><i>Served with milk</i></p>
<u>FRIDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Basil And Mushroom Beef With Hokkien Noodles</u></p> <p>Lean diced beef marinated in mustard and fresh basil. Slowly simmered with diced tomatoes, mushrooms, pumpkin, sweet potato, green beans and pepper.</p> <p>Served through Hokkien.</p>	<p><u>Raisin Bread</u></p> <p>Raisin bread prepared by our local bakery, spread lightly with Nuttex and cut into triangles to serve.</p> <p><i>Serve with milk</i></p>

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WINTER WEEK 4

DAY	MORNING TEA	LUNCH	AFTERNOON TEA
<u>MONDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Spinach And Ricotta Tortellini Cheese Bake</u></p> <p>Tortellini stirred through a cheesy béchamel sauce and baked in the oven until golden brown.</p>	<p><u>Sticky Date Pudding</u></p> <p>Fresh baked sticky date pudding</p> <p>Served with milk</p>
<u>TUESDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Beef Curry Served With Brown Rice</u></p> <p>Lean diced beef simmered with onions, garlic, green beans, broccoli, carrots and pumpkin. Simmered in a coconut milk and curry sauce.</p> <p>Served with brown rice.</p>	<p><u>Spinach And Fetta Scones</u></p> <p>Fresh baked scones prepared with baby spinach and feta cheese.</p> <p>Served with milk</p>
<u>WEDNESDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Warm Chicken Salad With Bread Stick</u></p> <p>Fresh grilled chicken fillet diced, mixed with roasted pumpkin, cherry tomato, cucumber and cub cheese in a sherry vinegar dressing Served with French bread stick</p>	<p><u>Carrot And Zucchini Cake</u></p> <p>A healthy cake prepared with grated carrot and zucchini.</p> <p>Served with milk</p>

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<u>THURSDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Salmon And Pumpkin Risotto</u></p> <p>Onions and spring onion sautéed with adding Arborio rice, vegetable stock and pumpkin soup to create a creamy base risotto, adding in fresh parsley and pepper, pumpkin, red and green capsicum, mushrooms, broccoli, baby spinach, and pink salmon. Sprinkled with parmesan cheese.</p>	<p><u>Zucchini And Apple Bread</u></p> <p>A freshly baked bread loaf prepared with grated zucchini and granny smith apples. Served with milk</p>
<u>FRIDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Chicken And Corn Soup With Bread Stick</u></p> <p>An Asian style chicken and corn soup, with spring onion, carrot and zucchini</p> <p>Served with sour dough bread</p>	<p><u>Cracker Biscuits With Toppings</u></p> <p>Water crackers served with a choice of toppings: cheese, ham, tomato and cucumber.</p> <p>Served with milk</p>

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WINTER WEEK 5

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<u>MONDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Antipasto Pasta</u></p> <p>A fresh antipasto selection prepared with roasted capsicum, sun dried tomatoes, olives, feta cheese, mushrooms, baby spinach and shaved parmesan cheese served through a tomato and herb sauce. Mix with pasta and top with cheese.</p>	<p><u>Banana Bread</u></p> <p>A freshly baked bread prepared with ripened bananas and cinnamon. <i>Served with milk</i></p>
<u>TUESDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Chille Con Carne</u></p> <p>Lean beef mince sautéed and simmered with herbs, mushrooms, red kidney beans, tomatoes and chilli flakes. Served with basmati rice.</p>	<p><u>Turkish bread and dips</u></p> <p>Freshly baked Turkish breads from our local bakery, sliced in half and spread with an assortment of dips, cut into cubed pieces to serve.</p> <p><i>Served with milk</i></p>
<u>WEDNESDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Chicken Macaroni</u></p> <p>Lean minced chicken simmered in garlic and herbs in a tomato and French onion sauce with mushrooms, grated carrots and zucchinis. Stirred through elbow pasta and baked in the oven with shredded cheese sprinkled over the top to cook golden brown.</p>	<p><u>Fruit cake</u></p> <p>A home baked cake prepared with mixed fruit and sultanas. <i>Served with milk</i></p>

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<u>THURSDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Beef Lasagne</u></p> <p>Lean minced beef sautéed with garlic, leek and onions, simmered in a tomato base pasta sauce with added herbs. Layered in between fresh lasagne sheets and cheese béchamel sauce, with a sprinkle of cheese melted on the top until golden brown.</p>	<p><u>Spinach And Feta Slice</u></p> <p>Freshly baked slice prepared with eggs, milk, baby spinach, feta cheese and shredded tasty cheese, self-raising flour and herbs.</p> <p><i>Served with milk</i></p>
<u>FRIDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Spinach And Ricotta Cannelloni</u></p> <p>Freshly prepared baby spinach, diced onions, spring onions, ricotta cheese, herbs, pepper and feta cheese: rolled up in fresh lasagne sheets and homemade pasta sauce poured over the top with a sprinkle of shredded cheese: sprinkled over the top and baked in the oven until golden brown.</p>	<p><u>Yoghurt And Fruit Salad</u></p> <p>Natural yoghurt served with tinned fruit salad.</p>

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<u>MONDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Minestrone Soup With Wholemeal Bread</u></p> <p>A warm vegetable soup prepared with red kidney beans, potato, carrot and pasta Served with fresh wholemeal bread</p>	<p><u>Apricot And Sultana Loaf</u></p> <p>A freshly baked loaf consisting of dried apricot and sultanas as the main flavours.</p> <p><i>Served with milk</i></p>
<u>TUESDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Beef Soft Taco Wraps</u></p> <p>Lean beef mince sautéed with onions, garlic in a mild taco seasoning. Taco mince served in pita wraps with lettuce, corn, tomato and shredded tasty cheese.</p>	<p><u>Zucchini And Apple Bread</u></p> <p>A freshly baked bread loaf prepared with grated zucchini and granny smith apples.</p> <p><i>Served with milk</i></p>
<u>WEDNESDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Spinach and fetta slice served with baked beans.</u></p> <p>Baby spinach, feta cheese and capsicums prepared with oil, self-raising flour, eggs, tasty shredded cheese and baked in the oven until golden brown. Served with baked beans.</p>	<p><u>Turkish bread with dips</u></p> <p>Freshly baked Turkish bread from our local bakery, sliced in half and spread with an assortment of dips: tzatzki, spring onion, olive and French onion.</p> <p><i>Served with milk</i></p>

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<u>THURSDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Chicken and Mushroom Risotto</u></p> <p>Lean chicken fillets sautéed with spring onions, onions, capsicums, broccoli and mushrooms, stirred through in a light creamy chicken stock and absorbed with Arborio rice. Served with a shaving of parmesan cheese</p>	<p><u>Mango loaf with custard</u></p> <p>A light and fluffy loaf with the base full of mango pieces. Cooked until golden and served with yoghurt</p>
<u>FRIDAY</u>	<p><u>Fruit Platter</u></p> <p>Apples, pears, cantaloupe, oranges, bananas</p> <p>Served with milk</p>	<p><u>Ginger beef with Singapore noodle</u></p> <p>Sautee onion and ginger with zucchini, carrot and bean sprout with lean beef mince. Stir with Singapore noodle in curry flavour.</p>	<p><u>Pizza bread</u></p> <p>A mixed assortment of fresh pizza breads from our local bakery: mushrooms, olives, cheese, tomato and ham, cut into squares to serve. Served with milk</p>