

Parap Family Centre Menu

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk
Morning tea	<ul style="list-style-type: none"> Fresh fruit platter with yoghurt 	<ul style="list-style-type: none"> Cheese and tomato toasted sandwich 	<ul style="list-style-type: none"> Banana pikelets 	<ul style="list-style-type: none"> Oats, yoghurt, and fresh fruit topped with honey 	<ul style="list-style-type: none"> Assorted fruit and veg platter with corn relish dip
Lunch	<ul style="list-style-type: none"> Fish and vegetable curry 	<ul style="list-style-type: none"> Corned beef served with mash potato and vegetables 	<ul style="list-style-type: none"> Homemade baked chicken crunchies with lemon mayo served with steamed jacket potatoes and garden salad 	<ul style="list-style-type: none"> Spaghetti bolognaise 	<ul style="list-style-type: none"> Chicken and mint wraps
Afternoon Tea	<ul style="list-style-type: none"> Banana bread 	<ul style="list-style-type: none"> Fresh fruit and vegetable platter with cheese 	<ul style="list-style-type: none"> Natural yoghurt and fruit plater 	<ul style="list-style-type: none"> Fruit platter 	<ul style="list-style-type: none"> Natural yoghurt and fruit ice cups

Parap Family Centre Menu

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk
Morning tea	<ul style="list-style-type: none"> Fruit toast 	<ul style="list-style-type: none"> Fruit platter with milk 	<ul style="list-style-type: none"> Homemade granola bars 	<ul style="list-style-type: none"> Fruit skewers yoghurt 	<ul style="list-style-type: none"> Oats with selected fruits and milk
Lunch	<ul style="list-style-type: none"> Chicken cheese, corn, quesadilla with tomato and cucumber 	<ul style="list-style-type: none"> Napoli sauce and Pasta 	<ul style="list-style-type: none"> homemade fish fingers with rainbow coleslaw and lemon aioli 	<ul style="list-style-type: none"> Beef lasagne Garlic bread 	<ul style="list-style-type: none"> Assorted sandwiches
Afternoon Tea	<ul style="list-style-type: none"> Fruit and vegetable platter 	<ul style="list-style-type: none"> rice crackers apple/pear pieces with capsicum dip 	<ul style="list-style-type: none"> Zucchini slice 	<ul style="list-style-type: none"> Crunchy cucumber boats with watermelon on side 	<ul style="list-style-type: none"> yoghurt and fresh fruit ice cups

Parap Family Centre Menu

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk
Morning tea	<ul style="list-style-type: none"> Fruit platter with dried apricots 	<ul style="list-style-type: none"> Fruit salad with cup of milk 	<ul style="list-style-type: none"> Fruit salad natural yoghurt 	<ul style="list-style-type: none"> wholemeal toast with banana, cinnamon, and ricotta cheese 	<ul style="list-style-type: none"> Fruit platter with yoghurt
Lunch	<ul style="list-style-type: none"> Beef and bean burritos 	<ul style="list-style-type: none"> Tuna mornay 	<ul style="list-style-type: none"> Beef stroganoff with pasta bows 	<ul style="list-style-type: none"> Apricot Chicken Cous cous 	<ul style="list-style-type: none"> veggie and meat platter
Afternoon Tea	<ul style="list-style-type: none"> Fruit platter with milk 	<ul style="list-style-type: none"> Apple cinnamon cake 	<ul style="list-style-type: none"> Banana bread 	<ul style="list-style-type: none"> Fresh fruit and vegetable platter Milk 	<ul style="list-style-type: none"> natural yoghurt ice blocks with fruit

Parap Family Centre Menu

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk 	<ul style="list-style-type: none"> Assorted cereal with milk
Morning tea	<ul style="list-style-type: none"> Dried fruits and yoghurt 	<ul style="list-style-type: none"> Muesli with yoghurt and fruit salad 	<ul style="list-style-type: none"> Fruit toast with fruit 	<ul style="list-style-type: none"> Cruskits with assorted topping with fruit side dish 	<ul style="list-style-type: none"> Oats with fruit and milk
Lunch	<ul style="list-style-type: none"> Honey soy chicken with rice 	<ul style="list-style-type: none"> Pumpkin, lentil and noodle soup 	<ul style="list-style-type: none"> Cottage pie 	<ul style="list-style-type: none"> Meat balls in tomato with vegetables 	<ul style="list-style-type: none"> Warm chicken salad in fresh bread wraps
Afternoon Tea	<ul style="list-style-type: none"> Fresh fruit and vegetable platter with milk 	<ul style="list-style-type: none"> Apple cinnamon cake 	<ul style="list-style-type: none"> Basic scones 	<ul style="list-style-type: none"> Fruit platter with yoghurt 	<ul style="list-style-type: none"> Assorted fruit and veg platter