

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	Tuna Mornay	Spaghetti Bolognaise	Chinese Chicken Stirfry	Egg & Bacon Pie	Sausage Ragu
	Rice & Vegetables		Rice	Salad	Vegetables
	Sliced Bread	Garlic Toast	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	Fresh Fruit/Vegetables
	Pikelets & Jam	Saladas & Cheese	Crackers & Hommus	Apple & Cinnamon Muffins	Cheese & Jatz
	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.