



## St Paul's Lutheran Kindergarten

Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
<b>MORNING TEA</b>					
<b>Food</b>	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
<b>Drink</b>	Milk and Water	Milk and Water	Milk and Water	Milk and Water	Milk and Water
<b>LUNCH</b>					
<b>Food</b>	Panko Crusted Chicken Tenders with Chips and Salad	Sweet and Sour Meatballs with Fried Rice	Apricot Chicken with Brown Rice and Vegetables	Tuna Patties with Potato and Pumpkin Mash	Beef Meatball and Orzo Bake with Tomatoes and Cucumbers
<b>Alternatives</b>	Vegan Tenders with Chips and Salad	Vegetarian Fried Rice with Asian Greens	Nil	Nil	Nil
<b>Drink</b>	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>					
<b>Food</b>	Wholemeal Turkish Toast with Cheese and Fresh Fruit	Assortment of Sandwiches with Fresh Fruit	Fruit Crumble	Banana Bread and Fresh Fruit	Assortment of Sandwiches with Vegetable fingers
<b>Drink</b>	Milk and Water	Milk and Water	Milk and Water	Milk and Water	Milk and Water
<b>Water</b>	Water is freely available throughout the day				
<b>Allergies</b>	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				