



St Paul's Lutheran Kindergarten

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
MORNING TEA					
Food	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
Drink	Milk and Water	Milk and Water	Milk and Water	Milk and Water	Milk and Water
LUNCH					
Food	Speedy Spaghetti with Crusty Toast Fingers	Spanakopita with Greek Style Smashed Potatoes	Creamy Sausage Pasta with Home Made Garlic Bread	Swedish Meatballs with Brown rice and Vegetables	Flaky Homestyle Sausage Rolls with Tomato Relish and Vegetable Sticks
Alternatives	Nil	Nil	Nil	Nil	Nil
Drink	Water	Water	Water	Water	Water
AFTERNOON TEA					
Food	Blueberry Muffins	Assortment of Sandwiches	Salada Biscuits with cheese and vegemite	Assortment of Sandwiches	Home Made Anzac Biscuits and Fresh Fruit
Drink	Milk and Water	Milk and Water	Milk and Water	Milk and Water	Milk and Water
Water	Water is freely available throughout the day				
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				