



## ROCKINGHAM COMMUNITY DAY NURSERY MENU

Week1

	<b>SNACK 10.00am</b>	<b>LUNCH 11.45am</b>	<b>VEGETARIAN OPTION</b>	<b>DESERT</b>	<b>TEA 3.15am</b>
<b>MONDAY</b>	MILK / WATER SELECTION OF FRUITS	ROAST POTATOES CHICKEN SERVED WITH GRAVY	ROAST POTATOES SERVED WITH QUORN STRIPS	ICE CREAM MOUSSE	MILK / WATER FRESH FRUITS CROISSANT
<b>TUESDAY</b>	MILK / WATER TOAST	HOME MADE PIZZA SERVED WITH COLESLAW	VEGETARIAN TOPPINGS SWEET CORN SWEET PEPPERS CHEESE	RICE PUDDING	MILK/WATER FRESH FRUITS
<b>WEDNESDAY</b>	MILK / WATER SELECTION OF FRUITS	MACARONI AND CHEESE SERVED WITH MIXED VEGETABLES	SELECTION OF SANDWICHES	SPONGE CAKE WITH CUSTARD	MILK /WATER FRESH FRUITS SELECTION OF SANDWICHES
<b>THURSDAY</b>	MILK / WATER SLICED CARROTS CUCCUMBER WITH DIPS	RICE AND PEAS SERVED WITH JERK CHICKEN SALAD	RICE AND PEAS SERVED WITH AND SALAD	APPLE CRUMBLE WITH CREAM	MILK/ WATER FRESH FRUITS
<b>FRIDAY</b>	MILK /WATER SELECTION OF FRUITS	BEEF BURGERS SERVED WITH CHIPS AND BEANS	VEGETABLE BURGERS SERVED WITH CHIPS AND BEANS	BANANNA AND CUSTARD	MILK / WATER FRESH FRUITS FAIRY CAKES



## ROCKINGHAM COMMUNITY DAY NURSERY MENU

### Week 2

	<b>SNACK 10.00am</b>	<b>LUNCH 11.45am</b>	<b>VEGETARIAN OPTION</b>	<b>DESERT</b>	<b>TEA 3.15am</b>
<b>MONDAY</b>	MILK/WATER SELECTION OF FRUITS	CHICKEN STIR- FRY SERVED WITH NOODLES.	VEGETABLE STIR FRY SERVED WITH NOODLES	FRESH FRUITS SALAD	MILK/WATER FRESH FRUITS TOAST
<b>TUESDAY</b>	MILK / WATER TOAST	MEATBALLS SERVED WITH COUSCOUS	VEGETARIAN MEATBALLS SERVED WITH COUSCOUS.	ICE CREAM MOUSSE	MILK/WATER FRESH FRUITS MUFFINS
<b>WEDNESDAY</b>	MILK/WATER SELECTION OF FRUITS	PASTA BOLOGNAISE WITH MIX VEGETABLE SELECTION OF SANDWICHES	SELECTION OF SANDWICHES	SEMOLINA	MILK/WATER FRESH FRUITS
<b>THURSDAY</b>	MILK/WATER BREADSTICKS WITH SLICED CUCUMBERS/ CARROTS WITH DIP	EGG CURRY WITH BOILED RICE + SANDWICHES	VEGIE CURRY WITH BOILED RICE	BANANA AND CUSTARD	MILK/WATER FRESH FRUITS TOAST
<b>FRIDAY</b>	MILK/WATER SELECTION OF FRUITS	BEANS ON TOAST WITH SCRAMBLED EGGS	BEANS ON TOAST WITH CHEESE	RICE PUDDING	MILK/WATER FRESH FRUITS GINGER CAKES



## ROCKINGHAM COMMUNITY DAY NURSERY MENU

### WEEK 3

	<b>SNACK 10.00am</b>	<b>LUNCH 11.45am</b>	<b>VEGETARIAN OPTION</b>	<b>DESERTS</b>	<b>TEA 3.15</b>
<b>MONDAY</b>	MILK/WATER SELECTION OF FRUITS	SPAGHETTI BOLOGNESE	SELECTION OF SANDWICHES	YOGHURTS	MILK/WATER FRESH FRUITS CARROT CAKE
<b>TUESDAY</b>	WATER/MILK TOAST	SWEET AND SOUR CHICKEN WITH RICE	SWEET AND SOUR VEGETABLES WITH RICE	BANANA CUSTARD	MILK/WATER FRESH FRUITS CHEESE AND CRACKERS
<b>WEDNESDAY</b>	WATER/MILK SELECTION OF FRUITS	SAUSAGE/MASHED POTATO/MIXED VEGETABLES WITH GRAVY	MASHED POTATO AND VEGETABLES	JELLY AND ICE-CREAM	MILK/WATER FRESH FRUITS BISCUITS
<b>THURSDAY</b>	WATER/MILK BREADSTICKS WITH SLICED CUCUMBER CARROTS WITH DIP	LASAGNE SERVED WITH VEGETABLES	VEGETARIAN LASAGNE SERVED WITH VEGETABLES	FRESH FRUIT SALAD	MILK/WATER FRESH FRUITS ASSORTED SANDWICHES
<b>FRIDAY</b>	WATER/MILK SELECTION OF FRUITS	CHICKEN NUGGETS SERVED WITH CHIPS SALAD BEANS	FISH FINGERS WITH CHIPS SALAD BEANS	SEMOLINA	MILK/WATER FRESH FRUITS BREADSTICKS WITH SLICED CUCUMBER CARROTS WITH DIP



## ROCKINGHAM COMMUNITY DAY NURSERY MENU

### WEEK 4

	<b>SNACKS 10.00am</b>	<b>LUNCH 11.45pm</b>	<b>VEGETARIAN OPTIONS</b>	<b>DESERT</b>	<b>TEA 3.15am</b>
<b>MONDAY</b>	MILK/WATER SELECTION OF FRUITS	SHEPHERD PIE MIXED VEGETABLES AND GRAVY	VEGETARIAN SHEPHERD PIE SERVED WITH MIXED VEGETABLES	CHOCOLATE SPONGE CAKE AND CUSTARD	MILK/WATER FRESH FRUITS CRACKERS WITH SLICED CHEESE
<b>TUESDAY</b>	MILK/WATER BREAD STICKS WITH CUCUMBER CARROT/ DIP	CHICKEN NOODLES	VEGETARIAN NOODLES	YOGHURT	MILK/WATER FRESH FRUITS ASSORTED SANDWICHES
<b>WEDNESDAY</b>	MILK/WATER SELECTION OF FRIUTS	TUNA PASTA BAKE	TASTY TOMATO PASTA	SEMOLINA PUDDING	MILK/WATER FRESH FRUITS MUFFINS
<b>THURSDAY</b>	MILK/WATER TOAST	JOLLOF RICE WITH ROAST CHICKEN SALAD	JOLLOF RICE WITH VEGETABLES AND SALAD	SPONGE CAKE WITH CUSTARD	WATER/MILK FRESH FRUITS
<b>FRIDAY</b>	MILK/WATER SELECTION OF FRUITS	JACKET POTATO TUNA SWEETCORN CHEESE	SELECTION OF SANDWICHES	RICE PUDDING	MILK/WATER FRESH FRUITS PANCAKES