

MAGIC GARDEN MENU

June 2017

Lunch Week 1

Monday	-	Macaroni (pasta) and cheese
Tuesday	-	Beef nachos and corn chips
Wednesday	-	Chicken stir fry with rice
Thursday	-	Vegetable and bacon quiche
Friday	-	Beef burgers

Lunch Week 2

Monday	-	Macaroni (pasta) and cheese
Tuesday	-	Beef lasagne
Wednesday	-	Chicken cottage pie
Thursday	-	Baked beans and scrambled eggs
Friday	-	Pizza

The lunch menu follows a fortnightly repeating cycle.

The Infant and Toddler Centre has freshly cooked vegetables daily.

Side Dishes

- We use fresh vegetables grown from our garden, and other fresh fruit and vegetables in season.
- Vegetables offered include: cucumber, tomato, celery, broccoli, beetroot, sweet corn, coleslaw, lettuce, avocado and carrot.
- Seasonal fruits offered include: apples, oranges, bananas, pears, grapes, strawberries, watermelon, kiwifruit, pineapple, melon and persimmon.
- Dried fruits offered: raisins and apricots.
- Diced cheese is offered.
- The Over Two Centre and Over Three Centre have bread with every meal.

Morning and afternoon teas include a variety of healthy snacks, fruit, water and milk.

Water is available with all meals and the older children have access to the water fountain throughout the day.