

Franklin Early Childhood School

Term 3 Menu 2020

	Morning Tea	Lunch	Afternoon Tea
1	Toast with baked beans and Fresh Fruit	Beef burritos with salads and grated cheese <u>Vegetarian Option; Red Lentil and kidney beans burritos with salads</u>	Carrot cake with fresh fruit
2	Crumpets with Assorted Spreads and Fresh Fruit	Butter chicken with yellow rice <u>Vegetarian Option: creamy butter paneer with Yellow rice</u>	Rice cakes with various spreads, cheese and veggie sticks
3	Choice of cereals and milk with Fresh Fruit	Cheesy Pizza with basil	Assorted Sandwiches & veggie sticks
4	Raisin bread with Fresh fruits	Lamb stew with steamed Rice <u>Vegetarian option</u> <u>Vegetable stew with Rice.</u>	Cheesy vegemite scrolls with veggie sticks
5	Pancakes with Fresh Fruit	Crumbed Fish Fingers with mash potatoes and vegetables <u>Vegetarian Option:</u> <u>Vegetable cakes</u>	Cheerio with yogurt & fresh fruits
6	Fresh Fruit platter	Chicken carbonara <u>Vegetarian option:</u> <u>Tofu and Vegetable carbonara</u>	Mixed fruit crumble with Custard
7	Cheese toasties and Fresh Fruit	Sausage rolls with corn cobs <u>Vegetarian Option</u> <u>Potatoes & veg rolls with corn cobs</u>	Cheese and crackers with veggie sticks
8	Bircher muesli with yoghurt and fruit	Cheesy pumpkin risotto	weetbix slice with banana smoothie
9	Vegemite toast with fresh fruits	Spaghetti Bolognese <u>Vegetarian Option:</u> <u>Tofu & Vegetables Bolognese</u>	Turkish Bread & dip with veggie sticks (yoghurt with grated cucumber)

*Morning, Lunch and Afternoon Tea are served with milk and water.
Where possible wholemeal/wholegrain products are used; No salt is added.*

Note: Menu adapted for infants, cultural and dietary requirements

RED MEATS; VEGETARIAN, CHICKEN, SEAFOOD/SHELLFISH

Please note that this menu is on a 9 day rotation. Today we are on day

