



MASTER KID CHILD CARE CENTRE

WINTER MENU 2021

12 MONTHS - 5 YEAR OLDS

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 7:00am - 8:00am	Choose from: Wheatbix , oats, muesli, wholemeal toast, raisin toast served with milk/water				
MORNING TEA 9:00am	Fresh Fruit & Veg Platter Served with Corn Thins and Sultanas	Greek Yoghurt Served with Frozen Berries and Oats	Fresh Fruit & Veg Platter Served with Cheese Cubes, Sultanas and Rice Crackers	Fresh Fruit & Veg Platter Served with Rice cakes	Greek Yoghurt Served with Frozen Berries and Oats
LUNCH 11:30am	Homemade Crumbed Fish Tacos Served with Garden Salad Fish, egg, flour, breadcrumbs, oil, wholemeal wraps, cheese, tomatoes, lettuce and cucumber	Indonesian Potato and Beef Perkedel (Fritter) Served with Peas and Corn Potatoes, margarine, shallots, garlic, beef mince, coriander, parsley. Nutmeg, ginger,	Creamy Beef and Tomato Penne Pasta Served with Garlic Toast Beef, penne pasta, wholemeal bread, garlic, onion, mixed herbs, tomatoes, carrots, pasta sauce	Butter Chicken Curry Served with Brown Rice and Steamed Vegetables Chicken breast, Brown rice, oil, garlic, ginger, onion, mixed herbs, butter chicken sauce, peas, corn, broccoli, cauliflower and carrots	Beef and Veggie Risssoles Served with Bread Rolls and Coleslaw Beef mince, garlic, onion, zucchini, carrot, egg, breadcrumbs, thyme, oregano, bread rolls, cabbage, Worchester sauce/ tomato paste, coleslaw dressing
AFTERNOON TEA 2:00pm	Greek Yoghurt Served with Mixed Fruit and Oats. Milk or Water	Banana Bread/Muffins Milk or Water	Greek Yoghurt Served with Fruit Salad and Oats Milk or Water	Pumpkin and Sultana Scones with spread Milk or Water	Cheese and Vegemite Scrolls Milk or Water
LATE SNACK 4:45pm - 5:15pm	Crackers and Fruit/ Veggie Sticks				