



MASTER KID CHILD CARE CENTRE

WINTER MENU 2021

12 MONTHS - 5 YEAR OLDS

WEEK 2	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 Cheese Cubes, Sultanas and Rice Crackers	Fresh Fruit & Veg Platter Served with Corn Thins and Sultanas	Greek Yoghurt Served with Frozen Berries and Oats	Raisin/ Wholemeal Toast Served with Cheese and Veggie Sticks	Fresh Fruit & Veg Platter Served with Corn Thins and Sultanas
LUNCH 11:30am	Spaghetti Bolognese Served with Veggies Beef mince, onion, carrot, xuchinni, tomato, tomato paste, spaghetti, garlic	Chicken, Tomato and Mixed Herb Stir-fry Served with Chinese Noodles Chicken breast, tomatoes, mixed herbs, garlic, oil, noodles	Mediterranean Vegetable Bean and Macaroni Soup Served with Toast Onion, Garlic, macaroni pasta, carrot, celery, vegetable stock, thyme, oregano, white beans, spinach, bread	Korean Beef and Egg Bibimbap Served with Brown Rice Beef mince, egg, oil, spinach, ginger, oyster sauce, soy sauce, carrots, cucumber, rice	Assorted Pizzas Served with Orange Slices Wholemeal pizza base, tomato paste, onion, olives, garlic, grated cheese, capsicum
AFTERNOON TEA 2:00pm	Baked beans and Scrambled Egg on Wholemeal Toast Milk or Water	Greek Yoghurt Served with Frozen Berries and Oats Milk or Water	Mixed Berry Pikelets Served with Veggie Sticks Milk or Water	Greek Yoghurt Served with Fruit Salad and Oats Milk or Water	Black Bean Brownie Milk or Water
LATE SNACK 4:45pm - 5:15pm	Crackers and Fruit/ Veggie Sticks				