

Conyngham Street Community Children's Centre Menu – Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea	Fresh fruit and milk	Fresh fruit and milk	Fresh fruit and milk	Fresh fruit and milk	Fresh fruit and milk
Lunch	PUMPKIN, LENTIL & GINGER SOUP with noodles, served with crusty continental bread and cream cheese. Contains: Gluten and Dairy	BEEF BOLOGNESE PASTA with a bean and napolitana sauce, served with a salad of lettuce, cucumber, tomato and cheese. Contains: Gluten and Dairy	TUNA RISSOTO with peas, beans, carrots, cauliflower and rice, served with sweet chilli puffs. Contains: Dairy	CHICKEN CHEW MEIN with peas, beans, corn, potato, cauliflower, celery, carrots, red capsicum, onion and asian greens, served with steamed rice. Contains: Gluten and Dairy	PASTY POCKETS made with carrots, potatoes and onions, Served with cucumber sticks, tomato wedges and cheese cubes. Contains: Gluten and Dairy
Afternoon tea	Fresh fruit and milk with RAISIN BREAD and cream cheese. Contains: Gluten and Dairy	Fresh fruit and milk with WHOLEMEAL SANDWICHES with vegemite and cheese. Contains: Gluten and Dairy	Fresh fruit and milk with MIXED FRUIT CAKE Contains: Gluten	Fresh fruit and milk with CHEWY SEEDED SLICE made with sultanas, oats, coconut and poppy seeds. Contains: Gluten and Dairy	Fresh fruit and milk with INDIAN MANGO DIP served with wholemeal pita bread and cucumber sticks. Contains: Gluten and Dairy

Babies will be offered mash or puree vegetables with lunch