

WONDERSCHOOL MENU

WEEK BEGINNING:

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Each day we will provide a selection of fresh, wholegrain cereals with a selection of dairy and non-dairy milks, with toast and a variety of spreads that are low in sugar. There will be a selection of seasonal fruits available also. Advice on cereal selection has been sourced from the article A Teaspoon Guide to Australian Breakfast Cereals (2008) and Nutrition Australia.				
MORNING TEA	RICE THINS W/CHEESE AND GREEN HUMMUS (Kale, Rocket, White Bean, Hummus)	FRUIT SALAD W/ CINNAMON YOGHURT (Beetroot, Greek Yoghurt, Assorted Fruit)	BANANA SPREAD SANDWICH (Toast, Banana, Ricotta, Chickpea)	CORN THINS W/ BLACK BEAN DIP (Black Bean, Avocado, Red Onion, Lemon)	FRUIT PLATTER W/ YOGHURT (Mixed Fruit, Greek Yoghurt)
LUNCH	TWICE COOK LAMB SHAWARMA W/ COUSCOUS (Lamb Shoulder, Mixed Herbs, Cauliflower, Broccoli, Carrot)	KANGAROO BOLOGNESE WITH PENNE (Kangaroo minced, Penne, Tomato, Thyme, Tarragon, Mixed Veggie)	CHICKEN HOKKIEN NOODLE (Noodle, Choy Sum, Carrot, Chicken, Broccoli, Peas)	VEGETABLE YELLOW CURRY W/ PITA BREAD (Lentil, Tofu, Carrot, Peas, Broccoli, Kale, Cauliflower)	BALSAMIC CHICKEN W/ ROAST VEGGIE (Chicken breast, Sweet Potato, Cherry Tomato, Capsicum, Zucchini)
AFTERNOON TEA	THREE BERRIES SMOOTHIE AND TOAST (Raspberry, Strawberry, Blueberry)	VEGGIE STICK W/RED BEAN AND PUMPKIN DIP (Red Bean, Roasted Pumpkin, Coriander)	BLUEBERRY CRUMBLE (Blueberry, Rolled Oats, Greek Yoghurt, Chia seed)	VEGAN FRUIT CAKE (Raisins, Banana)	VEGAN SWEET CORN SCONES (Corn, Mixed Spices)
LATE SNACK	A selection of simple wholegrain crackers, with some vegetable sticks and seasonal fruit.				

For children with allergies and cultural food preferences, food items that are similar to the menu items will be catered.