

Northlake's Care and Education Weekly Menu

Month -----

Lunch is served with Wholemeal bread and water to drink

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	125ml Milk [Milo] Grilled cheese toast	125ml Milk English muffins	125ml Milk [Milo] Crumpets	125ml Milk Pikelets	125ml Milk [Milo] Cruskits and spread
Lunch	Chicken Chow Mein Served with Basmati Rice and Mixed Vegetable.	Meatloaf in BBQ Sauce. Served with mashed potato, carrots and broccoli	Tiny Salmon Quiches Served with fresh salad of tomato, pineapple, beetroot and cucumber.	Sausages and Beans Served with sweet mashed potato, peas, baked beans and corn cob.	Sandwich Day Choice of 5 fillings served on wholemeal bread. Cheese, tuna, roast beef, baked beans or spaghetti.
Dessert	Fresh fruit and cheese Platter	Custard and Peaches	Vanilla Yoghurt	Custard	Vanilla Yoghurt
Afternoon Tea	125ml Milk Apricot Slice	125ml Milk Corn thins and spread	125ml Milk Weetabix slice	125ml Milk French onion dip and crackers	125ml Milk Saos and cheese

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	125ml Milk Cruskits and spread	125ml Milk [Milo] Grilled cheese toast	125ml Milk English Muffins	125ml Milk [Milo] Crumpets	125ml Milk Pikelets
Lunch	Spaghetti Bolognese Served over thin spaghetti with Garlic bread. Cucumber, beetroot ,pineapple and tomatoes.	Tandoori Chicken Served with rice and stir fried vegetables.	Cottage Pie Beef mince served with mixed vegetables, pasta and mashed potato.	Easy Quiche Served with sweet mashed potato, broccoli and corn cob.	Mexican Tacos Beef mince served in a Taco shell with vegetables of capsicum, cucumber and carrot strips. Topped with cheese.
Dessert	Vanilla Yoghurt	Fresh fruit and cheese platter	Custard and Peaches	Vanilla Yoghurt	Vanilla Custard
Afternoon Tea	125ml Milk Saos and cheese	125ml Milk Apricot slice	125ml Milk Blueberry Muffins	125ml Milk Weetbix slice	125ml Milk French onion dip and crackers

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	125ml Milk Pikelets	125ml Milk Cruskits	125ml Milk [Milo] Grilled cheese toast	125ml Milk English Muffins	125ml Milk [Milo] Crumpets
Lunch	Lamb Tartlets Served with broccoli, corn cobs and carrots	Beef Sausages Served with creamy mashed potato, carrots and peas.	Mustard Chicken Served with curly pasta and stir fried vegetable's.	Meatloaf in BBQ sauce Served with pasta, sweet potato, broccoli and corn cobs.	Salmon Rissoles Served with basmati rice and a salad of pineapple, beetroot, cucumber and tomato.
Dessert	Custard	Vanilla yoghurt	Fresh fruit and cheese platter	Custard and Peaches	Vanilla Yoghurt
Afternoon Tea	125ml Milk French onion dip and crackers	125ml Milk Saos and cheese	125ml Milk Date slice	125ml Milk Blueberry Muffins	125ml Milk Rice cakes

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	125ml Milk [Milo] Crumpets	125ml Milk Pikelets	125ml Milk Cruskits	125ml Milk [Milo] Grilled cheese toast	125ml Milk English Muffins
Lunch	Crumbed Tofu Served with pasta and stir fried vegetables.	Savoury Chilean Mince Served with carrots, peas and sweet potato.	Italian beef Served over thin spaghetti, carrots, peas and garlic bread.	Curried Chicken Served with pasta shells, and salad. Pineapple, beetroot, cucumber, tomatoes and cheese.	Hawaiian Meat balls Served with carrots, broccoli and corn cob.
Dessert	Vanilla Yoghurt	Vanilla custard	Vanilla Yoghurt	Fresh fruit and cheese platter	Custard and Peaches
Afternoon Tea	125ml Milk Banana and sultana loaf	125ml Milk French onion dip and crackers	125ml Milk Saos and cheese	125ml Milk Apricot slice	125ml Milk Rice cakes

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	125ml Milk English Muffins	125ml Milk Crumpets	125ml Milk Pikelets	125ml Milk Cruskits	125ml Milk Grilled cheese toast
Lunch	Chilli Con Carne Served over penne pasta, broccoli, carrots and corn cobs.	Tuna Mornay Served with rice and mixed vegetables.	Spaghetti Bolognese Served over thin spaghetti and a salad of pineapple, beetroot and cucumber. Garlic bread.	Mexican Mince and Beans Served with Carrots , peas and mash potato.	Sweet Chicken and Pasta Served with pasta and mixed vegetables.
Dessert	Custard and Peaches	Vanilla Yoghurt	Vanilla Custard	Vanilla Yoghurt	Fresh fruit and cheese platter.
Afternoon Tea	125ml Milk	125ml Milk	125ml Milk French onion dip and crackers	125ml Milk Saos and cheese	125ml Milk Banana and Sultana loaf.