



# Early Years Centre Lunch Menu | Term 3 2019-20

	MORNING SNACK	LUNCH	AFTERNOON SNACK (F1 & F2 only)
<b>MONDAY</b> May 11, 2020	Fresh Fruit & Milk	Grilled Shrimps Roasted Sweet Potato Broccoli & Carrots	Cucumber Sushi & Fruit Juice
<b>TUESDAY</b> May 12, 2020	Fresh Fruit & Milk	Pork Schnitzel Mashed Potato Braised Cabbage	Cheesy Potato Cake & Fruit Juice
<b>WEDNESDAY</b> May 13, 2020	Fresh Fruit & Milk	Chinese Sesame Honey Chicken Steamed Rice Bok Choy	Banana Cake & Fruit Juice
<b>THURSDAY</b> May 14, 2020	Fresh Fruit & Milk	Fish Nuggets Potato Wedges Steamed Vegetables	Mozzarella Balls & Fruit Juice
<b>FRIDAY</b> May 15, 2020	Fresh Fruit & Milk	Seafood in Tomato Sauce Hand Cut Chips Sweetcorn	Rice Pudding & Fruit Juice



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<b>MONDAY</b> May 18, 2020	Fresh Fruit & Milk	Chicken Stew Steamed Rice Glazed Carrots	Cheese Sandwich & Fruit Juice
<b>TUESDAY</b> May 19, 2020	Fresh Fruit & Milk	Roast Pork with Mushroom Sauce Mashed Potato Mixed Vegetables	Yoghurt & Fruit Juice
<b>WEDNESDAY</b> May 20, 2020	Fresh Fruit & Milk	Sausages in BBQ Sauce Steamed Rice Roasted Cauliflower	Oat and Raisin Balls & Fruit Juice
<b>THURSDAY</b> May 21, 2020	Fresh Fruit & Milk	Swedish Meatballs (Beef) Steamed Rice Stir Fried Chinese Cabbage	Tuna Sushi & Fruit Juice
<b>FRIDAY</b> May 22, 2020	Fresh Fruit & Milk	Seafood Tempura Steamed Rice Buttered Sweetcorn	Raisin Cake & Fruit Juice



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	MORNING SNACK	LUNCH	AFTERNOON SNACK (F1 & F2 only)
<b>MONDAY</b> May 25, 2020	Fresh Fruit & Milk	Calamari with Black Sesame Hand Cut Fries Sautéed Green Vegetables	Flapjack & Fruit Juice
<b>TUESDAY</b> May 26, 2020	Fresh Fruit & Milk	Texas Chicken Sweet Potato Buttered Peas & Carrots	Mixed Sushi & Fruit Juice
<b>WEDNESDAY</b> May 27, 2020	Fresh Fruit & Milk	Beef Bulgogi Steamed Rice	Banana Fritter & Fruit Juice
<b>THURSDAY</b> May 28, 2020	Fresh Fruit & Milk	Stir Fried Pork with Baby Corn Steamed Rice Steamed Mixed Vegetables	Chicken Sandwich & Fruit Juice
<b>FRIDAY</b> May 29, 2020	Fresh Fruit & Milk	Beef Burger Patty Potato Wedges	Chocolate Cookie & Fruit Juice



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	MORNING SNACK	LUNCH	AFTERNOON SNACK (F1 & F2 only)
<b>MONDAY</b> June 01, 2020	Fresh Fruit & Milk	Spaghetti Bolognese (Beef) Garlic Bread Broccoli & Green Beans	Tuna Sandwich & Fruit Juice
<b>TUESDAY</b> June 02, 2020	Fresh Fruit & Milk	BBQ Chicken Steamed Rice Grilled Corn	Potato Croquettes & Fruit Juice
<b>WEDNESDAY</b> June 03, 2020	Fresh Fruit & Milk	Beef Stroganoff Egg Noodles Steamed Vegetables	Vanilla Cup Cake & Fruit Juice
<b>THURSDAY</b> June 04, 2020	Fresh Fruit & Milk	Seafood Tempura Steamed Rice Green Beans & Carrots	Egg Sushi & Fruit Juice
<b>FRIDAY</b> June 05, 2020	Fresh Fruit & Milk	Fried Fish in Breadcrumbs Hand Cut Chips Sautéed Vegetables	Chocolate Brownie & Fruit Juice



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	MORNING SNACK	LUNCH	AFTERNOON SNACK (F1 & F2 only)
<b>MONDAY</b> June 08, 2020	Fresh Fruit & Milk	Grilled Shrimps Roasted Sweet Potato Broccoli & Carrots	Cucumber Sushi & Fruit Juice
<b>TUESDAY</b> June 09, 2020	Fresh Fruit & Milk	Pork Schnitzel Mashed Potato Braised Cabbage	Cheesy Potato Cake & Fruit Juice
<b>WEDNESDAY</b> June 10, 2020	Fresh Fruit & Milk	Chinese Sesame Honey Chicken Steamed Rice Bok Choy	Banana Cake & Fruit Juice
<b>THURSDAY</b> June 11, 2020	Fresh Fruit & Milk	Fish Nuggets Potato Wedges Steamed Vegetables	Mozzarella Balls & Fruit Juice
<b>FRIDAY</b> June 12, 2020	Fresh Fruit & Milk	Seafood in Tomato Sauce Hand Cut Chips Sweetcorn	Rice Pudding & Fruit Juice



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	MORNING SNACK	LUNCH	AFTERNOON SNACK (F1 & F2 only)
<b>MONDAY</b> June 15, 2020	Fresh Fruit & Milk	Chicken Stew Steamed Rice Glazed Carrots	Cheese Sandwich & Fruit Juice
<b>TUESDAY</b> June 16, 2020	Fresh Fruit & Milk	Roast Pork with Mushroom Sauce Mashed Potato Mixed Vegetables	Yoghurt & Fruit Juice
<b>WEDNESDAY</b> June 17, 2020	Fresh Fruit & Milk	Sausages in BBQ Sauce Steamed Rice Roasted Cauliflower	Oat and Raisin Balls & Fruit Juice
<b>THURSDAY</b> June 18, 2020	Fresh Fruit & Milk	Swedish Meatballs (Beef) Steamed Rice Stir Fried Chinese Cabbage	Tuna Sushi & Fruit Juice
<b>FRIDAY</b> June 19, 2020	Fresh Fruit & Milk	Seafood Tempura Steamed Rice Buttered Sweetcorn	Raisin Cake & Fruit Juice



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	MORNING SNACK	LUNCH	AFTERNOON SNACK (F1 & F2 only)
<b>MONDAY</b> June 22, 2020	Fresh Fruit & Milk	Calamari with Black Sesame Hand Cut Fries Sautéed Green Vegetables	Flapjack & Fruit Juice
<b>TUESDAY</b> June 23, 2020	Fresh Fruit & Milk	Texas Chicken Sweet Potato Buttered Peas & Carrots	Mixed Sushi & Fruit Juice
<b>WEDNESDAY</b> June 24, 2020	Fresh Fruit & Milk	Beef Bulgogi Steamed Rice	Banana Fritter & Fruit Juice
<b>THURSDAY</b> June 25, 2020	Fresh Fruit & Milk	Stir Fried Pork with Baby Corn Steamed Rice Steamed Mixed Vegetables	Chicken Sandwich & Fruit Juice
<b>FRIDAY</b> June 26, 2020	Fresh Fruit & Milk	Beef Burger Patty Potato Wedges	Chocolate Cookie & Fruit Juice