



Rainbow Town menu for this week

31st August

Monday	Tuesday	Wednesday	Thursday	Friday																																																		
<p><u>Morning Tea</u> Natural Yoghurt served with rolled oats, honey and banana Lactose free yoghurt available</p>	<p><u>Morning Tea</u> Vegetable Platter with cucumber, corn kernels, carrot and cubed cheese</p>	<p><u>Morning Tea</u> Fruit Smoothies (banana, blueberries, rolled oats, honey, milk and natural yoghurt)</p>	<p><u>Morning Tea</u> Savoury Scrolls (SR flour, Greek yoghurt, baby spinach, cheese, ham, cheesymite spread)</p>	<p><u>Morning Tea</u> Rye Cruskits with cheese, cheese and vegemite or vegemite</p>																																																		
<p><u>Lunch</u> Assorted Sandwiches on Wholemeal Bread (cheese, vegemite, cheese & vegemite, ham, ham & cheese, ham & pineapple, cheese & cucumber, baked beans, baked beans & cheese)</p>	<p><u>Lunch</u> Chicken Risotto (butter, onion, bacon, chicken mince, mushrooms, arborio rice, chicken stock, parmesan cheese)</p> <p><u>Alternative</u> Basmati rice with peas, corn carrots in vegetable stock</p>	<p><u>Lunch</u> Assorted Wholemeal Wraps (cheese, vegemite, cheese & vegemite, chicken, chicken & cheese, chicken & avocado, vegemite & avocado, chicken cheese & cucumber, chicken cheese & grated carrot, baked beans, baked beans & cheese)</p>	<p><u>Lunch</u> Vegetable Stir Fry with Tofu (oil, onion, wombok, corn, red capsicum, broccoli, tofu, peas, soy sauce, ginger, lemongrass and rice noodles)</p> <p><u>Alternative</u> Basmati rice with peas, corn carrots in vegetable stock</p>	<p><u>Lunch</u> Mince Stroganoff (beef mince, onion, garlic, tomato paste, sweet paprika, mushrooms, peas, corn, carrots, sour cream and penne pasta)</p> <p><u>Alternative</u> Basmati rice with peas, corn carrots in vegetable stock</p>																																																		
<p><u>Afternoon Tea</u> Vegetable Platter with sliced cucumber, corn kernels, carrot, olives, celery sticks with cream cheese and sultanas, ritz crackers and spring onion dip</p>	<p><u>Afternoon Tea</u> Anzac Slice (plain flour, wholemeal plain flour, rolled oats, coconut, brown sugar, golden syrup, rice bran oil, baking soda, water)</p>	<p><u>Afternoon Tea</u> Pumpkin and Spinach Muffins (SR flour, cornmeal, butter, pumpkin, spinach, fetta, eggs, buttermilk, pepitas)</p>	<p><u>Afternoon Tea</u> Wholemeal Saladas (cheese, vegemite, cheese & vegemite)</p>	<p><u>Afternoon Tea</u> Vegetable Platter with sliced cucumber, corn kernels, green beans, carrot, olives, wraps & hummus</p>																																																		
<p><u>NB:</u> 1 x piece of fruit will be served to each child for morning or afternoon tea as per Nutrition Australia recommendations. Milk / soy milk will not be offered on Monday or Wednesday. Morning and afternoon tea will be provided for late snack at 5pm if we have available.</p>																																																						
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