

# Summer Menu

## SAMPLE MENU - GOODSTART SEMAPHORE PARK



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Toast</b> - Bread with vegemite/butter <b>Cereal</b> - Weetbix with cows' milk or rice milk	<b>Toast</b> - Bread with vegemite/butter <b>Cereal</b> - Weetbix with cows' milk or rice milk	<b>Toast</b> - Bread with vegemite/butter <b>Cereal</b> - Weetbix with cows' milk or rice milk	<b>Toast</b> - Bread with vegemite/butter <b>Cereal</b> - Weetbix with cows' milk or rice milk	<b>Toast</b> - Bread with vegemite/butter <b>Cereal</b> - Weetbix with cows' milk or rice milk
<b>Morning Tea</b>	<b>Fresh Fruit Plater</b>	<b>Fresh Fruit Plater</b>	<b>Fresh Fruit Plater</b>	<b>Fresh Fruit Plater</b>	<b>Fresh Fruit Plater</b>
<b>Lunch</b>	<b>Mexican Chicken and Vegetable Stir Fry &amp; Rice</b>  Mince chicken, onion, carrot, zucchini, capsicum, celery, corn, mushroom, rice bran syrup, sesame, GF soy sauce, corn flour  <b>Vegan Option : No chicken</b>	<b>Macaroni Salad</b>  Cheese, pasta, carrot, zucchini, Dressing: vinegar, oil, sugar, curry powder  <b>Dairy Free &amp; Vegan Option: dairy free cheese</b>  <b>GF Option: GF Pasta</b>	<b>Beef Chow Mein</b>  Mince beef, onion, carrot, celery, capsicum, cabbage, mushroom, curry powder, rice noodles  <b>Vegan option: No beef</b>	<b>Tuna Mornay, Veg &amp; Rice</b>  Tuna, onion, carrot, celery, corn, frozen mixed veg, nuttelex, cornflour, rice milk, rice	<b>Broccoli Cheese Bites</b>  Broccoli, cheese, eggs, breadcrumb, olive oil, yoghurt, garlic  <b>Dairy free option: egg replacer, coconut yoghurt, dairy free cheese</b>
<b>Afternoon Tea</b>	<b>Cheese &amp; Dried Fruit Platter</b>	<b>Yoghurt &amp; Granola</b>	<b>Cinnamon French Toast Caramelised Banana</b>	<b>Raisin Bread</b>	<b>Cheese and Avocado Toasty</b>
<b>Late Snack</b>	Crackers and rice cakes	Crackers and rice cakes	Crackers and rice cakes	Crackers and rice cakes	Crackers and rice cakes