

Piptree Early Learning Eight Mile Plains
August and September 2018 Week One and Two

Start 13 th	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Banana muffins	Rice crackers, cucumber, dips and cheese	Anzac Biscuits	Saos with vegemite and cheese	Savoury Scones
Lunch	Marsala Lamb and Rice	Chicken rice pilaf with chickpeas	Creamy Chicken Pasta with vegetables	Lamb stir-fry	Assorted Sandwiches **
Vegetarian Alternative	Marsala Vegetable Rice	Rice pilaf with chickpeas	Creamy pasta with vegetables	Stir-fry with vegetables	Assorted Sandwiches **
Afternoon Tea	Fruit Platter – *Seasonal Fruit With custard	Fruit Platter – *Seasonal Fruit With yoghurt	Fruit Platter – *Seasonal Fruit With custard	Fruit Platter – *Seasonal Fruit With yoghurt	Fruit Platter – *Seasonal Fruit With custard

Start 20 th	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Carrot and beetroot Muffins	Rice crackers, cucumber, dips and cheese	Anzac Biscuits	Saos with vegemite and cheese	Savoury Scones
Lunch	Chicken and Corn Soup	Creamy lemon chicken rice and vegetables	Homemade Pizza	Tuna Bake	Assorted Sandwiches **
Vegetarian Alternative	Corn Soup	Creamy lemon rice and Vegetables	Homemade Pizza	Cheesy Bake	Assorted Sandwiches **
Afternoon Tea	Fruit Platter – *Seasonal Fruit With custard	Fruit Platter – *Seasonal Fruit With yoghurt	Fruit Platter – *Seasonal Fruit With custard	Fruit Platter – *Seasonal Fruit With yoghurt	Fruit Platter – *Seasonal Fruit With custard

*Seasonal Fruits will vary and will be based on availability and the selection could include: Apples, Oranges, Bananas, Pears, Watermelon, Kiwi Fruit, Pineapple, Rock melon, Grapes & Mandarins

** Sandwiches – bread selection: smart buy white with possible filling options: vegemite, cheese, tomato, chicken, baked beans, egg, lettuce, tuna or cucumber.

Weekly Menus Revision August 2018:
Annual Review to meet Healthy Eating Guidelines