

WEEK 3 SUMMER MENU 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt Seasonal whole fruits	Mighty savoury muffin Freshly cut watermelon cubes	Hearty Health Smoothie boost Seasonal whole fruits	Apple and cinnamon Scone Fresh Oranges	Premium Yogurt Seasonal whole fruits
Lunch	Beef Lasagna filled with vegetables	Roasted vegetable and fetta pastry rolls	Apricot chicken with rice	Pasta Mexicano	Beef Massaman Curry with Rice
Afternoon Tea	French Onion dip, Moroccan carrot dip with rice and water crackers Seasonal whole fruits	Sliced Tomato and cheese with wholemeal pita Fresh Oranges	Sundried tomato, spinach and ricotta pillows Seasonal whole fruits	Tzatziki dip, Roasted pumpkin dip with raw vegetable cuts - broccoli, cucumber, carrot, celery Freshly cut watermelon cubes	Mango Sago pudding Seasonal whole fruits

To be served with water / fresh milk / soy milk

Our aim is to always provide the freshest and best quality produce everyday.

We provide the children with the recommended daily intake in accordance with Nutrition Australia.

Hearty Health operates from a NUT free and EGG free kitchen.