

Tuatara Preschool
Sample Weekly Menu

Monday

Morning Tea: Sandwich, fruit, water
Lunch: Vegetable pasta with freshly made tomato sauce
Afternoon: Muffins, water, fruit

Tuesday

Morning Tea: Fruit loaf, fruit, water
Lunch: Sausage baked bean hash, bread and butter, salad nibbles, fruit and water.
Afternoon: Cake, fruit, water

Wednesday

Morning Tea: Toasted Muffins, fruit, water
Lunch: Sweet and Sour chicken, rice crackers, fruit and water.
Afternoon: Cookie, fruit, water

Thursday

Morning Tea: Crackers, fruit, water
Lunch: Vege and bacon quiche, bread and butter, salad nibbles, fruit and water.
Afternoon: Sandwich, fruit, water

Friday

Morning Tea: Mouse traps, fruit, water
Lunch: Meat pie, potato, corn, rice crackers, fruit and water.
Afternoon: Cake, fruit, water

Salad nibbles are made up of any of the following:
Cucumber, beetroot, tomato, carrot, cheese, raisins