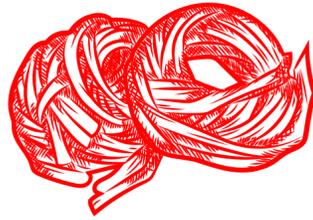


SUPERSTART CHILDCARE



Weekly Menu

Monday

Morning Tea: **Yogurt, Blueberry Muffin, Fresh fruits**

Lunch Tea: **Rice and stir fry chicken with broccoli and carrots.**

Afternoon Tea: **Biscuits and Fresh fruits**

Tuesday



Morning Tea: **Yogurt, Strawberry jam toast, Cheese stick, Fresh fruits**

Lunch Tea: **Lamb noodles with green peas, diced carrot, corn kernels, shredded carrot salad.**

Afternoon Tea: **Biscuits, rice cracker and Fresh fruits**

Wednesday

Morning Tea: **Yogurt, Strawberry jam butter scones, Fresh fruits**

Lunch Tea: **Rice and Butter Chicken with green peas, diced carrot, corn kernels, shredded carrot & cucumber salad.**

Afternoon Tea: **Biscuits, Rice cracker and Fresh fruits**



Thursday

Morning Tea: **Yogurt, Strawberry jam toast, Cheese stick, Fresh fruits.**

Lunch Tea: **Chicken noddles with green peas, diced carrot, corn kernels, shredded carrot salad.**

Afternoon Tea: **Biscuits, rice cracker and Fresh fruits**

Friday

Morning Tea: **Yogurt, Strawberry jam toast, Cheese stick, Fruits (apple, pear, strawberry, kiwi fruit, grapes, pineapple, mandarine, banana)**

Lunch Tea: **Mozarella pizza with red beans and spaghetti sauce, shredded carrot & cucumber salad.**

Afternoon Tea: **Biscuits, rice cracker and fruits (apple, pear, strawberry, kiwi fruit, grapes, pineapple, mandarine, banana)**

**Fresh fruits include apple, pear, strawberry, kiwi fruit, grapes, pineapple, orange, mandarine, banana, watermelon*