Child’s Wonder L ear ning Cent re

**Meal Cha rt – July 2023 week 5**

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| **Da te** | **Morning Tea** | **Lunc h** | **Afternoon Tea** |
| Mond ay | Crum pets with Ja m  Fruit pla tte r | Mexic an beef burrito bowl  with ric e, so ur c re am and  fre sh gua c amole .  Fruit sa la d | Pita c hip s & Dip  Fruit pla tte r |
| Tue sd ay | Gre ek yo ghurt, berry  c hia se ed c ompote and  ric e c ere al | Pa sta with c re amy zuc c hini  and c orn sa uc e  Va nilla c usta rd | Ha m and c he ese  Sc ro lls  Fruit pla tte r |
| We dne sd ay | Mouse tra ps  Fruit pla tte r | Ho memade Sushi  Pe ars | Cho c ola te c hip  Muffins  Fruit pla tte r |
| Thursd ay | Eng lish Muffins with  avo c ado & c re am c he ese  Fruit pla tte r | Stir-frie d no odle s with egg  and gre ens  Gre ek yo ghurt | Re d Ve lvet beetroot  c ake with va nilla fro sting  Fruit pla tte r |
| Frid ay | Ap ple c inna mon mini muffins  Fruit pla tte r | Frid ay Ro ast Chic ke n  Se rve d with pota to es and ve ggie s.  Pe ac he s | Cra c ke rs & Hum mus  Fruit pla tte r |