Child’s Wonder L ear ning Cent re

**Meal Cha rt – July 2023 week 5**

|  |  |  |  |
| --- | --- | --- | --- |
| **Da te** | **Morning Tea** | **Lunc h** | **Afternoon Tea** |
| Mond ay | Crum pets with Ja mFruit pla tte r | Mexic an beef burrito bowlwith ric e, so ur c re am andfre sh gua c amole .Fruit sa la d | Pita c hip s & DipFruit pla tte r |
| Tue sd ay | Gre ek yo ghurt, berryc hia se ed c ompote andric e c ere al | Pa sta with c re amy zuc c hiniand c orn sa uc eVa nilla c usta rd | Ha m and c he eseSc ro llsFruit pla tte r |
| We dne sd ay | Mouse tra psFruit pla tte r | Ho memade SushiPe ars | Cho c ola te c hipMuffinsFruit pla tte r |
| Thursd ay | Eng lish Muffins withavo c ado & c re am c he eseFruit pla tte r | Stir-frie d no odle s with eggand gre ensGre ek yo ghurt | Re d Ve lvet beetrootc ake with va nilla fro stingFruit pla tte r |
| Frid ay | Ap ple c inna mon mini muffinsFruit pla tte r | Frid ay Ro ast Chic ke nSe rve d with pota to es and ve ggie s.Pe ac he s | Cra c ke rs & Hum musFruit pla tte r |