

Lyons Children's Centre Winter Menu

Week 1, 5, 9	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Rice Bubbles with Milk	Raisin Toast and Milk	Weetbix with Fresh Bananas and Milk	Baked beans and Toast	Cornflakes with Milk
Lunch	Ricotta and Tomato Fettuccini Pasta	Pumpkin Soup served with Wholemeal Toast	Tuna Mornay	Spaghetti Bolognaise (Mince beef, Tomato Sauce, Onions, Spaghetti Pasta)	Assorted Sandwiches (Chicken, Egg, Vegetarian, Jam, Vegemite)
Afternoon Tea	Vegemite Scrolls	Mueslie Cookies	Cheese and Crackers served with Sultanas	Zucchini and Raisin Cake	Rice Cakes (Plain, Buttered, Vegemite)
Progressive Afternoon Tea	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter

LECS Canteen Lunch Orders

Choice of Flavoured Milk (Strawberry, Honeycomb or Chocolate),
 Fruit (Mandarin, Apple, Banana or Orange)
 Lunch of the Day or Choice of Sandwich (Cheese, Vegemite, Butter or Salad)

Lyons Children's Centre Winter Menu

Week 2, 6, 10	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Weetbix with Fresh Bananas and Milk	Sultana and Cinnamon Porridge	Rice Bubbles with Milk	Cornflakes with Milk	Baked beans and Toast
Lunch	Assorted Sandwiches (Chicken, Egg, Vegetarian, Jam, Vegemite)	Tofu Stir Fried Rice with Vegetables	Macaroni and Cheese served with Steamed Green Beans (Low Fat Cheese, Green beans, Macaroni)	Mini Pineapple and Chicken Pizzas	Chicken Enchilladas (Chicken mince, enchillada sauce, light cheese, parsley, tortilla wraps)
Afternoon Tea	Carrot & Pear Cake	Cheese and Crackers served with Sultanas	Cheese and Tomato Muffins	Rice Cakes (Plain, Buttered, Vegemite)	Anzac Biscuits
Progressive Afternoon Tea	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter

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Fruit (Mandarin, Apple, Banana or Orange)
Lunch of the Day or Choice of Sandwich (Cheese, Vegemite, Butter or Salad)

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Week 3, 7	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Cornflakes with Milk	Rice Bubbles with Milk	Raisin Toast and Milk	Weetbix with Fresh Bananas and Milk	Baked Beans and Toast
Lunch	Chicken and Vegetables Fried Rice	Assorted Sandwiches (Chicken, Egg, Vegetarian, Jam, Vegemite)	Ham and Cheese Pockets (Wraps) (Tortilla Wraps, Shaved Ham, Low fat Cheese)	Fettuccini Pasta served with Meat Balls in Sauce (Mince beef, Tomato Sauce, Onions, Fettuccini Pasta)	Crumbed Fish served with Mash Potatoes (Sweet potato and Desiree potato mash)
Afternoon Tea	Coconut and Vanilla Cake Slice	Vegemite Scrolls	Mueslie Cookies	Dutch Pancakes	Cheese and Crackers served with Sultanas
Progressive Afternoon Tea	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter

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Choice of Flavoured Milk (Strawberry, Honeycomb or Chocolate),
 Fruit (Mandarin, Apple, Banana or Orange)
 Lunch of the Day or Choice of Sandwich (Cheese, Vegemite, Butter or Salad)

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Week 4, 8	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Sultana and Cinnamon Porridge	Cornflakes with Milk	Baked beans and Toast	Rice Bubbles with Milk	Weetbix with Fresh Bananas and Milk
Lunch	Beans and Lentil Curry served with Rice	Chicken and Corn Soup served with Toast	Assorted Sandwiches (Chicken, Egg, Vegetarian, Jam, Vegemite)	Slow Cooked Lamb Stew served with Rice	Vegetarian Spaghetti Pasta (Mixed Vegetables, Spaghetti Pasta, Tomato and Garlic Pasta Sauce)
Afternoon Tea	Cheese and Crackers served with Dried Fruit Salad	Rice Cakes (Plain, Buttered, Vegemite)	Dutch Pancakes	Anzac Biscuits	Lemon and Vanilla Cake Slice
Progressive Afternoon Tea	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter	Fresh Fruit and Veg platter

LECS Canteen Lunch Orders

Choice of Flavoured Milk (Strawberry, Honeycomb or Chocolate),
Fruit (Mandarin, Apple, Banana or Orange). Lunch of the Day or Choice of Sandwich (Cheese, Vegemite, Butter or Salad)

