

APRIL MENU

Day	Morning Tea	Lunch			Juice	Afternoon Tea Preschool Only
		Protein	Carbohydrate	Vegetables		
Mon Apr 1	Banana & Peanut Smoothie	Caramelized claypot fish	Brown Rice	Morning Glory	Passionfruit Juice	Mixed Yoghurt & Fruit
		Caramelized claypot rolled tofu			Coconut Juice	
Tue Apr 2	Watermelon & Cookie	Chicken Samosa	Bread dough	Green salad with kumquat dressing	Carrot Juice	Pineapple
		Vegetable Samosa			Pineapple Juice	
Wed Apr 3	Mandarine & Banh Trang	Meatballs in tomato sauce	Rice	Sauteed Vegetables	Lime Juice	Peanut Butter & Plain Crackers
		Tofu in Tomato Sauce		Vegetable Soup	Watermelon Juice	
Thu Apr 4	Veggie stick & dip	Beef Curry	Bread	Potato, Sweet Potato and Carrot	Passionfruit Juice	Mixed Yoghurt & Fruit
		V - Green Curry			Coconut Juice	
Fri Apr 5	Banana & Yoghurt	Noodle day	Noodles	Local Herbs & Greens	Lime Juice	Watermelon
					Watermelon Juice	
Mon Apr 8	Banana & Peanut Smoothie	Fried Eggs with minced pork	Rice	Sauteed seasonal vegetables	Passionfruit Juice	Mixed Yoghurt & Fruit
		Fried Corn with spring onion			Coconut Juice	
Tue Apr 9	Watermelon & Cookie	Lasagna	Pasta	Green salad	Carrot Juice	Mandarine
		V - Vegetable Lasagna			Pineapple Juice	
Wed Apr 10	Mandarine & Banh Trang	Sweet & Sour Ribs	Brown Rice	Sauteed seasonal vegetables	Lime Juice	Peanut Butter & Plain Crackers
		Snow Ball Tofu			Watermelon Juice	
Thu Apr 11	Veggie stick & dip	Chicken Korma	Chapatti	Indian Cucumber salad	Passionfruit Juice	Mixed Yoghurt & Fruit
		Chickpea Korma			Coconut Juice	
Fri Apr 12	Banana & Yoghurt	Noodle day	Noodles	Local Herbs & Greens	Lime Juice	Watermelon
					Watermelon Juice	