

# Raymond Terrace Early Education Centre Inc



Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	Fruit & Vegie Platter	Fruit & Vegie Platter	Cereal	Fruit & Vegie Platter	Raisin Toast & Fruit
<b>Drink</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
<b>Main Meal</b>	Tuna Rissoles	Sandwich Day	Chicken & Ham Salad	Chinese Fried Rice	Vegetable Slice
<b>3 serves Vegetables</b>	Salads, Lettuce, Tomato, Cucumber	Assorted Salad, Meat, Jam & Vegemite	Corn Cobs	Salads, Lettuce, Tomato, Cucumber	Beetroot & Pineapple
<b>Bread Product</b>	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread	Wholemeal Bread
<b>After Lunch Snack</b>	Custard	Ice Blocks	Fruit	Ice Cream	Yoghurt
<b>Drink</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>	<b>Water</b>
<b>Afternoon Tea</b>	Muffins	Pretzels & Dried Fruit	Easy Fruit Slice	Crisp Coconut Biscuits	Rice Cakes
<b>Drink</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>	<b>Milk</b>
<b>NOTE* Low fat Milk is provided for 3-5's.</b>		We try to use foods low in fat, sugar and salt.		<b>We do not include sweet drinks</b>	



