## Balmore Kindergarten Menu – Week

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of	Selection of	Selection of	Selection of	Selection of
	cereal, toast and	cereal, toast and	cereal, toast and	cereal, toast and	cereal, toast and
	fresh fruit with	fresh fruit with	fresh fruit with	fresh fruit with	fresh fruit with
	milk or water.	milk or water.	milk or water.	milk or water.	milk or water.
Lunch choice 1	Hand rolled	Homemade pizza	Toad in the hole,	Pesto and	Chicken curry
	meatballs in gravy	and chips	mash and veg	mozzarella pasta	with boiled rice
	with pasta			salad	and poppadum's
		Healthy platter,	Sweet chilli veg		
Lunch choice 2	Vegetable soup	chicken, cheese,	stir fry with egg	Fish fingers, beans	Baked potato with
	and tiger loaf	wholemeal rolls,	noodles	and baguette and	various fillings
		veg sticks and		butter	Fresh fruit
		pasta salad			platter
Pudding	Trio of melon		yoghurt	Homemade	
	slices	Fresh fruit platter		Vanilla sponge	ice cream and
					fresh fruit
	Frozen yoghurt	Homemade	Crackers and	Wholemeal rolls	low sugar jam
Afternoon snack	and tea biscuit	gingerbread loaf	cheese/ham		filled
					sandwiches







