

DEEP CREEK CHILD CARE CENTRE					
WEEK 4: April - June 2025					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 7:00am - 8:15am	Weetbix, Rice Bubbles or Toast with Honey, Jam or Vegemite				
ALL DAY	Fresh Fruit will be available all day for the children				
MORNING TEA served with milk/water 9:15am - 9:30am	Fresh Fruit Platter or Toast	Fresh Fruit Platter or Toast	Fresh Fruit Platter or Toast	Fresh Fruit Platter or Toast	Fresh Fruit Platter or Toast
LUNCH served with water 11:30am - 11:45am	Beef chowmein (brown onion,garlic,beef mince,carrots,chicken noodle soup,cabbage,curry powder)	Vegetable fried rice with tofu (onion,tofu,spring onion,red capsicum,oil,ginger,corn, carrot,peas,soy sauce)	Apricot chicken with rice (chicken diced,plain flour, onion ,apricot nector,mixed vegies)	Healthy salmon noodle stir fry (olive oil,salomn,green onion,ginger,zucchini, carrot,podded edamame,red cabbage,stir fry sauce)	Chinese five spice beef with rice, (soy sauce,chinese five spice powder,beef strips,oil,green onion,choy sum.oyster sauce)
	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
AFTERNOON TEA served with milk/water 2:30pm - 3:00pm	Rice cakes with cheese & vegemite	Mixed sandwiches	Fruit salad with yoghurt	Tomato, cheese,cucumber, hummus dip,crackers	Cruskits with cheese & vegemite
LATE SNACK 5:30pm	Crackers and Fruit				