

MOMO'S LEARNING TREE FDC MENU PLAN

MEAL		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA (9/9.30AM)		Weetbix/ Cheerios/ or Whole Meal Toast with Nuttalex/ cream cheese/ honey Cows Milk				
LUNCH (11.30 AM)	MAINS*	1. Chicken Fried Rice	2. Mexican Rice served	3. Creamy Macaroni	4. Pasta Bolognese	5. Chicken Hokkien noodle
		6. Fish fingers and potato fries		7. Creamy Tuna Pasta		8. Meatballs and Cous Cous
	SIDES	Fresh salad / Steamed vegetables				
AFTERNOON TEA (2.30PM)		Seasonal cut up fruits with Cheese and Sultanas / Lebanese bread (wrap bread) Cows Milk				
LATE SNACK (5PM)		Rice /Corn Crackers				

*Mains will be rotated week by week for each child to have a variety of main throughout 2 weeks.

Our menu is designed within the recommended guidelines in conjunction with Munch and Move

Weetbix

Wholegrain Wheat (97%), Raw Sugar, Salt, Barley Malt Extract, Vitamins (Niacin, Thiamin, Riboflavin, Folate), Mineral (Iron) **Allergen:** Cereals Containing Gluten **Allergen may be present:** Lupin

Cheerios

Contains Gluten Containing Ingredients As Indicated On Bold Type. Whole Grain Cereals (67%) [Wheat (33%), Corn (25%), Oats (4.5%), Rice (4.5%)], Wheat Starch, Sugar, Golden Syrup, Sunflower Oil, Colours (Caramel I, Annatto), Salt Blend [Salt, Mineral Sea Salts (508, 511)], Acidity Regulator (Trisodium Phosphate). Vitamins and Minerals Minerals (Calcium, Iron, Zinc), Vitamins (C, Niacin, E, B1, B6, B2, Folic Acid) May Contain Other Gluten Containing Ingredients, Milk and Soy. **Allergen:** Wheat, Oats, Gluten **Allergen may be present:** Soy, Milk, Barley, Rye

Bread

Wholemeal Wheat Flour (66%), Water, Yeast, Vinegar, Iodised Salt, Wheat Gluten, Canola Oil, Soy Flour, Vegetable Emulsifiers (481, 471, 472e), Vitamins (Thiamin, Folic Acid). **Allergen:** Contains SOY, May Contain SESAME, Contains CEREALS CONTAINING GLUTEN

Nuttelax (original spread)

Vegetable Oil (**containing sunflower oil 26%**), water, salt, emulsifiers (471, sunflower lecithin), natural flavour, vitamins A, D, E, natural colour (beta carotene).

Cream cheese

Milk, Cream, Salt, Thickener (410), Starter Culture

Pasta

Durum Wheat Semolina. **Allergen:** May Contain EGG, May Contain SOY

Tomato Sauce (Passata)

Tomatoes (99.9%), Food Acid (Citric Acid)

Kikkoman soy sauce

Water, Soybeans (18%), Wheat, Salt. Contains 3.2% Alcohol v/v, from the natural brewing process. **Allergen:** Contains Soybean, Contains Soy, Contains Wheat

Corn kernels

Sweetcorn (65%), Water, Salt.

ABC Sauce

Palm Sugar, Sugar, Soy Extract (11%) (Water, Salt, Soybean, Wheat), Water, Salt, Colour (150a), Preservatives (211, 223), Acidity Regulator (330), Stabilizer (415)

Tuna Chunks in olive oil

Skipjack Tuna (70%), Vegetable Oil Blend (20%) (Olive, Soy)(12%), Water, Salt. Skipjack Tuna

Baby Peas

Peas (62%), Water, Salt, Sugar.

Kidney Beans tin

Red Kidney Beans (60%), Water, Salt, Firming Agent (Calcium Chloride)

Thickened cream

Reduced Fat Cream, Thickeners (1422, Xanthan Gum, Carrageenan), Emulsifier (472e), Mineral Salts (Calcium Carbonate, Potassium Chloride) **Allergen:**Contains Milk
Lebanese bread

Bread

Wheat Flour, Vitamins (Thiamine, Folic Acid), Water, Sugar, Iodised Salt, Yeast. Contains no added preservatives, no added animal fats or oils.

Rice cakes

Wholegrain Brown Rice (99%), Sunflower Oil, Salt, Rosemary Extract.

Corn Thins

Maize (99%), Sunflower Oil, Sea Salt.

Other food

Vegetables – Carrot, cucumber, onion, garlic, celery, tomato, mixed leafy salad,

Rice, lean minced beef meat, chicken breast, salt, oil, sugar, vinegar, fresh / dry herbs, Honey (Only for children over 1 and half year old)