

Kathy's Cafe

OPENING HOURS

Breakfast 7-8am

Morning Tea 9.00am

Lunch 11.30 am

Afternoon Tea 2.45pm

Late Snack 5.00pm

BREAKFAST

Wholemeal toast served with a variety of spreads. Milk or Water



MORNING TEA

Fresh Fruit
Platter

Sultana Loaf

Milk or Water

AFTERNOON TEA

A seasonal Vegetable platter is served daily

Followed by:

Monday: Zucchini, carrot and Cranberry muffins

Tuesday: Hummus served with wholemeal Lebanese bread and cheese

Wednesday: Raisin crunchie biscuits

Thursday: Hummus served with wholemeal crackers

Friday: Wholemeal avocado, tomato sandwiches

Milk or water are served daily

LUNCH

MONDAY:

Pasta

Wholemeal pasta Bolognese, served with parmesan cheese and an Italian salad (Vegetarian pasta alternative)

TUESDAY:

Chicken

Portuguese Chicken, served with tabouleh, wholemeal pita pockets and yogurt (Roasted Portuguese vegetables alternative)

WEDNESDAY:

Lasagna

Wholemeal roast vegetable lasagna, served with rocket and parmesan salad

THURSDAY:

Salmon

Brown rice salmon patties, served with green beans, carrots and cherry tomatoes (Brown rice vegetable patties alternative)

FRIDAY:

Beef

Wholemeal tortilla beef stack, served with an avocado, tomato, corn and mint salad (Vegetable tortilla stack alternative)

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and vegetables from*

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Followed by:

Monday: Wholemeal honey carrot dip and cheese sandwiches

Tuesday: Sesame honey slice

Wednesday: Honey Carrot dip served with wholemeal Lebanese bread and cheese

Thursday: Pikelets

Friday: Cheese and Crackers

Milk or water are served daily

LUNCH

MONDAY:

Sushi Tuna and cucumber sushi, served with capsicum, carrot and bean crudités.
(Cucumber sushi alternative)

TUESDAY:

Pizza Make your own wholemeal vegetarian pizza, served with vegetable skewers.

WEDNESDAY:

Meatloaf Meatloaf, served with mashed potato and corn cobs.
(Vegetable Pattie alternative)

THURSDAY:

Zucchini Zucchini fetta cake, served with a garden salad

FRIDAY:

Beef Beef in black bean sauce, served with steamed rice and a crunchy cabbage salad.
(Vegetables in black bean sauce alternative)

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Menus are planned in accordance with the NSW Department of Health – Caring for Children, Food, Nutrition and Fun Activities Guidelines.

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Followed by:

Monday: Bruschetta

Tuesday: Crunchy muesli yoghurt

Wednesday: Spinach fetta dip served with wholemeal Lebanese bread

Thursday: Cheese and crackers

Friday: Spinach fetta dip served with breadsticks

Milk or water are served daily

LUNCH

MONDAY:

Chicken Wholemeal chicken, basil, baby spinach wraps, served with vegetable crudité's.
(Salad wraps alternative)

TUESDAY:

Beef Beef stroganoff, served with steamed rice and a garden salad
(Vegetable stroganoff alternative)

WEDNESDAY:

Pie Spaghetti carbonara pie, served with vegetable skewers
(Vegetable pie alternative)

THURSDAY:

Noodles Beef, broccoli, snow pea noodle stir fry
(Broccoli and snow pea noodles alternative)

FRIDAY:

Quiche Vegetable quiche, served with tomato and cucumber skewers

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Followed by:

Monday: Wholemeal Zucchini bread served with cheese

Tuesday: Garlic roast Capsicum dip served with wholemeal crackers

Wednesday: Cheese and chive scones

Thursday: Wholemeal roast Capsicum dip and cheese scrolls

Friday: Cheese pizza triangles

Milk or water are served daily

LUNCH

MONDAY:

Beef Make your own wholemeal roast beef and salad sandwiches
(Salad sandwiches alternative)

TUESDAY:

Macaroni Bacon and cauliflower wholemeal macaroni cheese, served with brocolini
(Cauliflower macaroni cheese alternative)

WEDNESDAY:

Slice Vegetable rice slice, served with a chickpea and tomato salsa

THURSDAY:

Beef Sanchoy bow, served with brown rice and crisp lettuce cups
(Vegetable and rice lettuce cups alternative)

FRIDAY:

Chicken Sweet chilli chicken stir fry noodles, served with a carrot and bean sprout salad
(Vegetable stir fry noodles alternative)

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