

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: Cheese ,bacon and olive loaf

Tuesday: Beetroot dip served with wholemeal Lebanese bread

Wednesday: Carrot muffins

Thursday: Cheese and zucchini muffins

Friday: Beetroot dip served with wholegrain crackers

Milk or water are served daily

LUNCH

MONDAY:

Noodles Beef and vegetable noodles in plum sauce (Vegetarian noodles alternative)

TUESDAY:

Chicken Chicken marinated in yoghurt, paprika and lemon served with skordiala and brocolini (Marinated vegetables alternative)

WEDNESDAY:

Vegetarian Alfredo Pasta and spinach served with a tomato and cucumber salad

THURSDAY:

Beef Hamburger wedges served with carrot and apple salad (Vegetable wedges alternative)

FRIDAY:

Pasta Caesar pasta salad served with baby spinach and cherry tomatoes (Vegetable pasta salad alternative)

*Where ever possible,
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and vegetables from*

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A seasonal vegetable platter is served daily

Followed by:

Monday: Hummus served with cheese cubes and crackers

Tuesday: Leek and cheddar tarts

Wednesday: Blueberry bran muffins

Thursday: Hummus served with wholemeal Lebanese bread

Friday: Cheese served with wholegrain crackers

Milk or water are served daily

LUNCH

MONDAY:

Wraps Tuna crunchy noodle wraps
(Cucumber crunchy noodle wraps alternative)

TUESDAY:

Meatballs Mediterranean meatballs served with tomato and cucumber salsa, minted yoghurt and pita bread
(Mediterranean roast vegetables alternative)

WEDNESDAY:

Beef Beef Fajitas served with tomato, avocado, corn and coriander salsa on tortilla bread
(Vegetarian Fajitas alternative)

THURSDAY:

Slice Spinach and corn slice served with tomato, cucumber and mushroom skewers

FRIDAY:

Beef Middle Eastern beef sausage rolls served with vegetable crudites
(Vegetable pastry rolls 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: Little apple cakes

Tuesday: Roasted carrot hummus dip served with cheese cubes and crackers

Wednesday: Gluten free fruit slice

Thursday: Roasted carrot hummus dip served with wholemeal Lebanese bread

Friday: Apple cinnamon popcorn

Milk or water are served daily

LUNCH

MONDAY:

Pasta Wholemeal pasta, cheese and vegetable bake served with broccoli

TUESDAY:

Curry Beef curry puffs served with vegetable crudites (Vegetable curry puffs alternative)

WEDNESDAY:

Chicken Vietnamese chicken salad and cheese rolls (Vietnamese salad alternative)

THURSDAY:

Beef BBQ beef wraps served with shredded lettuce, cheese, tomato and cucumber salsa (Cheese wraps alternative)

FRIDAY:

Fettuccine Ham, mushroom and spinach fettuccine served with a Greek salad (Mushroom and spinach fettuccine alternative)

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Followed by:

Monday: White bean parsley dip served with cheese cubes and crackers

Tuesday: Cream cheese sultana wraps

Wednesday: White bean parsley dip served with wholemeal Lebanese bread

Thursday: Wholemeal cheese and carrot sandwiches

Friday: Pineapple and coconut muffins

Milk or water are served daily

LUNCH

MONDAY:

Chicken Apricot chicken and steamed rice served with green beans
(Apricot marinated vegetables alternative)

TUESDAY:

Fish Thai fish balls served with vermicelli vegetable noodles
(Vermicelli vegetable noodles alternative)

WEDNESDAY:

Beef Italian beef, spinach and ricotta giant shells served with rocket and parmesan salad
(Roast vegetable and ricotta giant shells alternative)

THURSDAY:

Bake Corn and zucchini bake served with tomato, cucumber and capsicum

FRIDAY:

Mince Savoury mince vegetable rolls served with shredded lettuce
(Vegetable rolls alternative)

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