



Yummies for Little Tummys



**Over 12 Months
Standard Menu**

Week Commencing: **SAMPLE**

Our menu is:

- ✓ Egg Free
- ✓ Nut Free
- ✓ Seafood Free

Y4LT says no to nasty artificial colours, flavours & preservatives.

Y4LT meals are screened for sugar, salt and saturated fat content.

Please feel free to contact us on:

Ph. 07 3161 8063 F. 07 3319 5508

E-mail. info@y4lt.com.au

Web. www.yummiesforlittletummys.com.au

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|---|
| Morning Tea | Morning Tea | Morning Tea | Morning Tea | Morning Tea |
| Seasonal Fresh Fruit & Veggies (e.g. Banana, Watermelon & Carrot) Maleny Dairy Vanilla Custard | Seasonal Fresh Fruit & Veggies (e.g. Pear, Orange & Cucumber) Milk | Seasonal Fresh Fruit & Veggies (e.g. Rockmelon, Kiwi & Cherry Tomatoes) Maleny Dairy Vanilla Custard | Seasonal Fresh Fruit & Veggies (e.g. Banana, Honeydew & Beans) Greek Style Mango Yoghurt | Seasonal Fresh Fruit & Veggies (e.g. Pineapple, Apple & Capsicum) Natural Greek Style Yoghurt |
| Lunch | Lunch | Lunch | Lunch | Lunch |
| Beef Mince & Vegetable Pasta Assorted Wholemeal Scrolls & Sandwiches Vege Spread & Cheese & Roast Beef & Sweet Potato | Beef Casserole & Couscous Assorted Wholemeal Sandwiches & Rolls Cream Cheese & Chicken & Tomato | Pasta Carbonara Assorted Wholemeal Sandwiches & Subs Apricot Spread (Made with 100% Fruit & no added sugar) & BLT (Ham, Lettuce & Heart Healthy Tomato Sauce) | Pasta Bolognese Assorted Wholemeal Rolls & Sandwiches Beef Bolognese & Vege Spread | Beef Lasagne Assorted Wholemeal Wraps & Sandwiches Chicken, Carrot & Satay Sauce & Ricotta Cheese |
| Afternoon Tea | Afternoon Tea | Afternoon Tea | Afternoon Tea | Afternoon Tea |
| Assortment of Seasonal Fresh Fruit Corn Thins with Cream Cheese | Assortment of Seasonal Fresh Fruit Cheese Strips & Rice Crackers | Assortment of Seasonal Fresh Fruit Apple & Strawberry Slice | Assortment of Seasonal Fresh Fruit Mini Cheese Pizza Muffin | Assortment of Seasonal Fresh Fruit Rice Crackers with Guacamole |

Week 3