

Our Little Friends 2013 Menu

At Our Little Friends we have a cyclical menu that is balanced and prepared by a qualified cook. The current day's meal is displayed on the menu board near the kitchen. We simply move through the cycle to a sequential manner each kindy day. We encourage parents to provide meal suggestions and we are happy to give out our recipes to kindy families.

	Meal
1	Apricot Chicken served with vegetables and rice
2	Couscous with mince sauce and mixed vegetables
3	Egg and Bacon Pie served with fresh bread and salad
4	Fish Fillets in a Cheese & Parsley Sauce served with rice and mixed vegetables
5	Chicken Nuggets with mashed potato, peas and corn
6	Beef Stroganoff served with rice
7	Macaroni Bake served with mixed vegetables
8	Chicken Curry served with rice and poppadums
9	Spaghetti Bolognese served with mixed vegetables
10	Tuna, Zucchini, Cheese Pie served with salad
12	Mixed Sandwiches: a choice of devon, cheese, lettuce, tomato, vegemite
12	Butter Chicken served with rice and mixed vegetables
13	Chilli Con Carne served with rice
14	Sausage Casserole served with mixed vegetables and pasta
15	Pumpkin and Cannellini bean Curry served with rice
16	Tuna Casserole with mixed vegetables and rice
17	Teriyaki Beef with Asian Vegetables, served with rice
18	Zucchini Slice served with salad and fresh bread
19	Chicken and Vegetable Risotto
20	Spaghetti Bolognese served with salad
21	Macaroni Bake served with salad
22	Fish Fingers served with mashed potato, peas and corn
23	Chicken and Vegetable Stir Fry with Hoi Kein noodles
24	Mixed Sandwiches: chicken, cheese, lettuce, tomato, vegemite
25	Sausages and gravy served with rice and salad
26	Spicy Mince Roll Ups (similar to burritos) served with salad
27	Chicken Chow Mein served with rice
28	Cheesy Tuna Pasta served with mixed vegetables