



# KIDZRUS MEDIA MENU - WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
DINNER	CREAMY SALMON PASTA	SAUSAGE, CREAMED MASHED POTATO, GARDEN PEAS & GRAVY	ROASTED VEGETABLE COUS COUS WITH A TOMATO & BASIL SAUCE	SPAGETTI BOLOGNESE & GARLIC BREAD	SWEET POTATO, CHICK PEA & SPINICH CURRY
PUDDING	LEMON CHEESE CAKE	STRAWBERRY MOUSSE	ICE CREAM & WAFERS	PEACHES & CREAM	FLAP JACKS
TODDLER & PRE SCHOOL SNACK	CHEESE / HAM & TUNA WRAPS	VEGETABLE PLATTER & DIPS	BAGELS & CREAM CHEESE	CHEESE & TOMATO QUESADILLAS	SANDWICH PLATTER
BABY TEA	CHEESY PASTA	VEGETABLE CURRY & RICE	PASTA CARBONARA	MINCED BEEF, GRAVY & MASHED POTATO	VEGETABLE SWEET & SOUR WITH RICE
	FRUIT SELECTION	FRUIT SELECTION	FRUIT SELECTION	FRUIT SELECTION	FRUIT SELECTION



# KIDZRUS MEDIA MENU - WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
DINNER	VEGETABLE PASTA BAKE	CHICKEN JAMBOLAYA	CHEESE & TOMATO QUICHE WITH POTATO CUBES & BEANS	VEGETABLE LASAGNE	FISH PIE & BROCCOLI
PUDDING	FRUIT COCKTAIL	ICED SPONGE	NATURAL YOGHURT AND FRUIT COMPOTE	STRAWBERRY JELLY & ICE CREAM	ARCTIC ROLL
TODDLER & PRE SCHOOL SNACK	BAGELS & CREAM CHEESE	VEGETABLE PLATTER & DIPS	SANDWICH PLATTER	CHEESE, CRACKERS, VEGETABLE STICKS & HUMMUS	CHEESE & HAM WRAPS
BABY TEA	VEGETABLE CURRY & RICE	CHEESE & TOMATO PASTA	CHEESY MASH & BEANS	VEGETABLE SWEET & SOUR WITH RICE	PASTA CARBONARA
	FRUIT SELECTION	FRUIT SELECTION	FRUIT SELECTION	FRUIT SELECTION	FRUIT SELECTION



# KIDZRUS MEDIA MENU - WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST	CEREAL & TOAST
DINNER	MACARONI CHEESE & BUTTERNUT SQUASH	SWEET & SOUR CHICKEN WITH NOODLES	FISH CAKES/ VEGGIE FINGERS WITH NEW POTATOES, PEAS & PARSLEY SAUCE	CHICKEN SUPREME WITH RICE	HOME MADE PIZZA & WEDGES
PUDDING	FROMAGE FRAIS	APPLE CRUMBLE & ICE CREAM	BANANA CRUNCH	LEMON MERINGUE YOGHURT	STRAWBERRY MOUSSE
TODDLER & PRE SCHOOL SNACK	SANDWICH PLATTER	VEGETABLE PIZZAS	CHEESE & HAM WRAPS	CHEESE & TOMATO QUESADILLAS	CHEESE SCONES
BABY TEA	MINCE, GRAVY & MASH	PASTA CARBONARA	VEGETABLE PASTA BAKE	CHEESY PASTA	VEGETABLE CURRY & RICE
	FRUIT SELECTION	FRUIT SELECTION	FRUIT SELECTION	FRUIT SELECTION	FRUIT SELECTION