

Weekly Menu

Winter Menu: Week 1



zen
for kids

Meals	Monday	Tuesday	Wednesday	Thursday	Friday	Meal Contains
Breakfast	Weetbix or Corn Flakes G D	Weetbix or Corn Flakes G D	Weetbix or Corn Flakes G D	Weetbix or Corn Flakes G D	Weetbix or Corn Flakes G D	Egg = EGG Gluten = G Fish = F Dairy = D Soy = S Vegan = VGN Meat = M Vegetarian = V Babies + Toddlers only = BT Low sugar = LS
Morning Tea	Overnight oats & fruit G D	Baked pancake with seasonal fruit LS	Zen baked beans with toast V	Assorted sandwiches with fresh fruit G D	Assorted toasted English muffins with fresh fruit G D	
Lunch	Fish & Pumpkin Curry served with rice F	Zen soup of the day with pasta M	Butter chicken with brown rice M	Beef Bolognese with Pasta M	Roast Lamb & potatoes with green beans M	
Vegetarian option	Veggie Curry served with rice VGN	Zen soup of the day with pasta VGN	Tomato chickpeas with brown rice VGN	Veggie Bolognese with Pasta VGN	Baked beans & potatoes with green beans V	
Afternoon Tea	Zen hummus sandwiches with fresh fruit G D	Pear, coconut & raspberry muffins with cheese & veggie sticks LS	Mini Pizza's with fruit on the side G D	Choc Weetbix Slice with fruit LS	Mel's hummingbird cake with fruit LS	
Evening Snack	Zen platter with fruit, vegetables, cheese & crackers	Zen platter with fruit, vegetables, cheese & crackers	Zen platter with fruit, vegetables, cheese & crackers	Zen platter with fruit, vegetables, cheese & crackers	Zen platter with fruit, vegetables, cheese & crackers	Milk is served during morning tea. Water is always available throughout the day.