

Kidz Nourishing the Kitchen

Week 1

Mon Soul and Tue

Wedn

Morning tea

Fruit platter
Yoghurt and crumble parfait
with poached apple

Lunch

Chicken salad wraps with
herbed sour cream

Afternoon tea

Oat and date balls
Creamed rice

Morning tea

Oat cakes with honey butter
and cinnamon

Fruit platter

Lunch

Club sandwiches

Afternoon tea

Veggie platter with dips
Peach and ginger scones

Morning tea

Raisin toast with cinnamon,
strawberry butter

Fruit platter

Lunch

Ham, cheese, Pineapple
pizza

Afternoon tea

Fruit and honey muffins

Thur

Fri

Morning tea

Rice thins, hummus, herbed
crème fresh dip, cheese,
veggie platter

Lunch

Cheesy Quesadilla with bean
salsa and sour cream

Afternoon tea

Apple and ricotta slice
Fruit platter

Morning tea

Oat and date slice
Fruit platter

Lunch

Chicken and salad burritos

Afternoon tea

Veggies platter with cheesy
dip
Poached fruit, cinnamon and
honey crème fraiche parfait