



Kate's Wholefood Kitchen

ABN: 50105313015

FRIDAY 24th AUGUST 2018 :

The idea is for kids to try all different types of food from around the world which they may not have tried before.

Chicken Curry & Rice

KID Friendly Curry – Very Mild

Ingredients:

* Diced chicken breast, potatoes, zucchini and beans cooked in a mild coconut curry and served with rice.

Recipe Of The Week: BANANA BREAD

4 tbsp. Oil

1/3 Cup Honey

2 Eggs

3 Ripe Bananas

1 tsp. Vanilla

1 2/3 Cups Wholemeal Flour

1/2 tsp. Salt

1 tsp. Bicarb Soda

3 tbsp. Hot Water

Beat oil and honey together, add eggs and mix well. Stir in bananas and vanilla. Stir in flour and salt. Add bicarb to hot water, stir and add to mix. Spread mixture into pan and bake for about 55min on 160.

Return the below slip with correct money \$5.50 (*no change will be given*) to the office before Wednesday 22nd August 2018 – next Wednesday.

Name:

Class:

COST: \$5.50