



Kids Kindy

Early Learning Centre



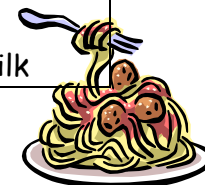
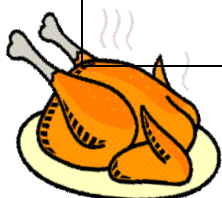
Sample **SPRING** / **SUMMER** Menu

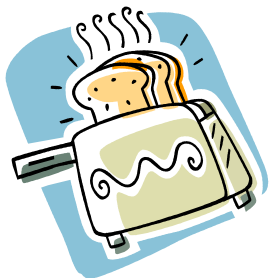
Week 1 of 4	Morning Tea	Lunch	Afternoon Tea
Monday	Wholemeal Toast with honey, vegemite and Cinnamon Fresh Seasonal Fruits Milk/Water	Baked Fish with potatoes, fresh tomatoes, carrots, olives, corn, broccoli and wholemeal bread • Includes garlic, onions, oregano and parsley Fresh seasonal fruits/Water	Celery, carrot sticks with cheese cubes, wholegrain crackers Variety of dried Fruits Water/Milk
Tuesday	Wholemeal crumpets and sliced cheddar cheese Fresh Seasonal Fruits Milk/Water	Beef Meatballs with roasted pumpkin, brown rice • Beef mince, onions, garlic, carrots, zucchini, parsley, oregano Fresh seasonal fruit salad/Water	Centre made Banana Bread Carrot and cucumbers Water/Milk
Wednesday	Centre made muffins with fresh tomatoes and cheese Fresh Seasonal Fruits Milk/Water	Wholemeal wraps with Beef Strips and lettuce, fresh tomatoes, cucumbers Orange wedges/Water	Wholemeal bread with vegemite Apple slices/Water/Milk
Thursday	Toast with sliced cheese Fresh seasonal vegetable sticks Milk/Water	Wholemeal spaghetti Bolognaise • Beef mince, onions, garlic, fresh tomatoes, carrots and squash Cucumber sticks/Water	Carrot and celery sticks with hommus Seasonal fruit platter/Water/Milk
Friday	Fresh made yoghurt with oats Fresh seasonal Fruits Milk/Water	Lentils with wholemeal rice and peas (V) Tomato wedges/Water	Dried apricots, dates, sultanas with cheese cubes Vegetable platter/Water/Milk

1-5years

Breakfast=Assorted Cereals with milk. FULL CREAM MILK FOR UNDER 2YRS AND LOW FAT FOR OVER 2YRS

Snacks/Late snack - vegetables, fruit, biscuits, crackers





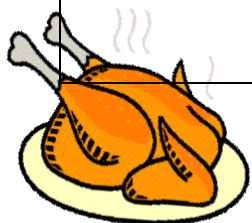
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Sample WINTER / AUTUMN Menu

Week 1 of 4	Morning Tea	Lunch	Afternoon Tea
Monday	Custard and Bananas Fresh seasonal fruits Water/Milk	Beef Osso Bucco Soup with pastina and wholemeal bread • Onions, parsley, fresh tomatoes, carrots, celery Orange and apple wedges/Water	Apple parcels (filo pastry) Cucumber/Celery sticks Water/Milk
Tuesday	Weetbix and toppings Fresh Seasonal Fruits/vegetables Milk/Water	Mushroom Penne with parmesan cheese and wholemeal bread • Penne pasta, mushrooms, pasta, parsley and plain yoghurt • Orange wedges/Water	Wholemeal rice crackers, cheese cubes and sultanas Vegetable sticks Water/Milk
Wednesday	Centre wholemeal made pancakes Vegetable platter Milk/Water	Rump strip steak stirfry noodles • Rump steak, onions, egg noodles, peas, carrots and cauliflower Fruit salad/Water	Homemade yoghurt with a drop of honey/muesli No honey for <12mths Dried fruit platter/Water Water/Milk
Thursday	Wholemeal toast with vegemite/honey Fresh seasonal vegetable sticks Milk/Water	Beef chunks with potatoes and pastina • Beef, onions, pumpkin, carrots Seasonal fruit platter/Water	Multigrain bread with cucumbers, tomatoes, capsicum and apple Water/Milk
Friday	Wholemeal toast with honey Vegetable platter Milk/Water	Baked chicken with vegetables/salad and wholemeal rice • Potatoes, pumpkin, carrots and bean salad Tomato and apple wedges/Water	Homemade apple/cinnamon cake Milk Seasonal Fruit platter/Water



1-5years

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