

# Menu

## Week 1



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served daily to children in our communal dining room between 7:30am-8:30am)	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads Milk or Water
<b>Morning Tea</b> (Offered to children between 9.30am-10am)	Fresh Fruit Platter Milk or Water	Vanilla Greek Yoghurt Fruit Salad Milk or Water	Fresh Fruit Platter Milk or Water	Fresh Fruit Platter Milk or Water	Fresh Fruit Platter Milk or Water
<b>Lunch</b> (Offered to children between 11.15am - 1.30pm)	Fried Rice with Chicken & Tofu Corn on Cob	Pasta Bake (Beef) Apple ¼'S	Butter Chicken served with Rice	Lentil Bolognaise served with Spaghetti	Chicken Tenders Salad Platters & Wraps
	Fried Rice with Tofu	Vegetarian Pasta Bake	'Butter' Lentils		Vegetable Fingers
<b>Afternoon Tea</b> (Offered to children between 2-4pm)	Pizza Melts Vegetable Platter Milk or Water	Potato Wedges Milk or Water	Buttered Sao's with Cheese/Vegemite Vegetable Platter Milk or Water	Anzac Slice Custard Milk or Water	Cheese, Dried Fruit & Vegetable Platter Wholemeal Crackers Milk or Water
<b>Late snack</b> (Offered to children between 5-5.30pm)	Sandwiches Fruit	Fruit Platter	Fruit Bread Fruit	Sandwiches Fruit	Sandwiches Fruit

learning playfully

# Menu

## Week 2



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served daily to children in our communal dining room between 7:30am-8:30am)	Choice of Cereal -Weetbix, Cheerios or Sultana Bran Toast & Spreads Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran Toast & Spreads Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran Toast & Spreads Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran Toast & Spreads Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran Toast & Spreads Milk or Water
<b>Morning Tea</b> (Offered to children between 9.30am-10am)	Fresh Fruit Platter Milk or Water	Vanilla Greek Yoghurt Frozen Berries Milk or Water	Fresh Fruit Platter Milk or Water	Fresh Fruit Platter Milk or Water	Fresh Fruit Platter Milk or Water
<b>Lunch</b> (Offered to children between 11.15am - 1.30pm)	Chilli Con Carne with Black Beans Rice	Lamb Tagine Cous Cous	Fish pieces Salad Platter with Cheese Wholemeal Bread	Thai Red Chicken Curry with Rice	Vegetarian Pasta Bake 4 Bean Salad
	Vegetarian Chilli Con Carne	Chickpea Tagine	Vegetable Fingers	Thai Vegetable Curry	
<b>Afternoon Tea</b> (Offered to children between 2-4pm)	Make your own sandwiches	Cheese & Vegetable Platter Wholemeal Crackers Milk or Water	Carrot & Sultana Muffins or Blueberry Muffins Custard Milk or Water	Cheese & Vegemite Scrolls Corn on Cob Milk or Water	Spinach Dip Vegetable & Dried Fruit Wholemeal Pita Bread Milk or Water
<b>Late snack</b> (Offered to children between 5-5.30pm)	Fruit Platter	Sandwiches Fruit	Fruit Bread Fruit	Sandwiches Fruit	Sandwiches Fruit

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## Menu Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>  (served daily to children in our communal dining room between 7:30am-8:30am)	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads  Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads  Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads  Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads  Milk or Water	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads  Milk or Water
<b>Morning Tea</b>  (Offered to children between 9.30am-10am)	Fresh Fruit Platter Milk or Water	Vanilla Greek Yoghurt Two Fruits	Fresh Fruit Platter Milk or Water	Fresh Fruit Platter Milk or Water	Fresh Fruit Platter Milk or Water
<b>Lunch</b>  (Offered to children between 11.15am-1.30pm)	Lentil Napoletana Served with Spaghetti	Nachos with Corn Chips Salad & Grated Cheese (Wraps/Rice Tiny Tots/ Nursery)	Creamy Chicken Pasta with Broccoli & Peas	Korean Beef Bowls (Beef, rice, carrot and cucumber)	Chicken Chow Mein
		Vegetarian Nachos	Creamy Pasta with Broccoli & Peas	Dahl & Rice	Vegetarian Chow Mein with Tofu
<b>Afternoon Tea</b>  (Offered to children between 2.30-4pm)	Vegetable Platter Homemade Sausage Rolls (Beef/Vegetarian)	Banana Bread Orange Wedges	Hummus Vegetable Platter Wholemeal Crackers	Buttered Fruit Bread Cheese Sticks & Apple ¼'s	Pikelets, Vanilla Yoghurt Mixed Berries
<b>Late snack</b>  (Offered to children between 5-5.30pm)	Sandwiches Fruit	Fruit Platter	Sandwiches Fruit	Sandwiches Fruit	Sandwiches Fruit

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# Menu

## Week 4



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (served daily to children in our communal dining room between 7:30am-8:30am)	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads	Choice of Cereal -Weetbix, Cheerios or Sultana Bran  Toast & Spreads
<b>Morning Tea</b> (Offered to children between 9am-10am)	Fresh Fruit Platter	Vanilla Greek Yoghurt Peaches	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter
<b>Lunch</b> (Offered to children between 11am - 1.30pm)	Roasted Pumpkin, Broccoli & Fetta Pasta	Apricot Chicken Rice	Beef Burgers Tomato, carrot lettuce mix Sauces (Babies mince & mash)	Healthy Salmon Bake Tomato Slices	Curried Sausages with Vegetables Rice
		Red Lentil Dahl	Lentil Burgers	Vegetable Pasta Bake	Curried Vegetarian Sausages & Vegetables
<b>Afternoon Tea</b> (Offered to children between 2 - 4pm)	Make your own Sandwiches	Vegetable Slice or Spring Rolls Vegetable Platter	Cheese Puffs Corn Cobs	Cheese, Vegetable & Dried Fruit Platter Wholemeal Biscuits	Banana Bread Custard
<b>Late snack</b> (Offered to children between 5 - 5.30pm)	Cheese & Vegetable Platter Fruit	Sandwiches Fruit	Fruit Bread Fruit	Sandwiches Fruit	Sandwiches Fruit

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## Menu



Water and Milk are offered to drink at Breakfast, Morning Tea and Afternoon Tea. Water is offered at Lunch and Late Snack

All fresh fruit platters contain high Vitamin C fruits, for example orange, watermelon, rockmelon, kiwi fruit etc

Coombs Early Learning Centre is a nut aware service and do not offer nuts or use nut products other than coconut

Children with food allergies and intolerances are provided with suitable nutritious alternatives

Cultural considerations; no pork products are offered, all meat, chicken and cheese purchased are Halal certified

For infants under twelve (12) months old food will be prepared as required to suit individual needs.

Menu is subject to alteration— changes will be noted on kitchen blackboard

Updated July 2020

*Our menus are developed in accordance with the [Dietary Guidelines for Children and Adolescents in Australia](http://www.eatforhealth.gov.au) ([www.eatforhealth.gov.au](http://www.eatforhealth.gov.au))*

*Mealtimes provide great opportunities to promote children's agency and their interdependency. The implementation of progressive and unrushed mealtimes allows opportunities for meaningful interactions with educators and peers, gives children opportunities for relaxed and enjoyable mealtimes.*

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