

Week commencing:

WARNERS BAY EARLY LEARNING AND CARE CENTRE INC. WEEKLY MENU

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 2-5yrs	FRUIT PLATTER RICE CAKES VEGEMITE	RICE CRACKERS SLICED CHEESE	FRUIT/VEGETABLE PLATTER SLICE CHEESE	PEACHES VANILLA YOGHURT	BANANA FRUITY WEETBIX
0-1yrs	ALTERNATIVE: PUREE	FRUIT / MASHED BANANA			
BEVERAGES	MILK /WATER	MILK /WATER	MILK /WATER	MILK /WATER	
LUNCH 2-5YRS	LAMB & NOODLE MIXED VEGETABLES 4 VEGETABLES 0-2's GR CHEESE HI FI/LO GI BREAD	PIZZAS ON TURKISH BREAD WITH HAM, CHICKEN, CHEESE PINEAPPLE GR CARROT BEETROOT 1/2 MUFFIN 0-2/2-3's	SHEPHERD'S PIE BROCCOLI BABY CARROTS 1/2 WM BREAD ROLL 3-5 TANK LOAF 0-3	1/2 EGG CHEESE CHICKEN BEETROOT GR CHEESE LETTUCE WM PASTA MINI WRAPS 0-2's VITASTIC WRAPs 2-5's	BEEF STROGANOFF GR CHEESE WM PASTA WM MULTIGRAIN BREAD 2-5 WM BREAD 0-2
0-1yrs	ALTERNATIVE :MINCE	MEAT,MASHED POTATO&	PUMPKIN,PASTA . #NO	PEAS,CORN#. PUREE	FRUIT, YOGHURT.
BEVERAGES	WATER	WATER	WATER	WATER	
AFTERNOON TEA 2-5yrs	WM BREAD CHEESE SLICE	FRUIT/VEGETABLE PLATTER WM BREAD	PLAIN SCONES MARG/NUTALEX JAM	BANANA MUFFINS	RICE CAKES CHEESE SLICE SNOW PEAS CHERRY TOMATOS
0-1yrs #NO VEGETABLE	STICKS# ALTERNATIVE:S'	WICHES VARIETY			
BEVERAGES	MILK /WATER	MILK /WATER	MILK /WATER	MILK /WATER	
LATE PM TEA BEVERAGE	RICE CRACKERS WATER	RICE CRACKERS WATER	RICE CRACKERS WATER	RICE CRACKERS WATER	

1 Tray of fruit for Nursery, Dreamtime . 2 Trays of fruit for Peschool every day for afternoon tea

Our menus is subject to change due to produce availability. All meals are catered to be modified and or replaced for food Allergies/Intolerances and for texture modification. Wholemeal bread is buttered unless stated on menus.

