

Week commencing:

WARNERS BAY EARLY LEARNING AND CARE CENTRE INC. WEEKLY MENU

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 2-5yrs	FRUIT/VEGETABLE PLATTER CHEESE SLICE	2 FRUITS VANILLA YOGHURT	FRUIT LOAF/WM BREAD MARG/NUTALEX	FRUIT/VEGETABLE PLATTER SLICE CHEESE	PEACHES CUSTARD
0-1yrs	ALTERNATIVE: PUREE	FRUIT / MASHED BANANA			
BEVERAGES	MILK/WATER	MILK WATER	MILK /WATER	MILK /WATER	MILK/WATER
LUNCH 2-5YRS	LAMB STIR FRY PANACHE VEGETABLE PASTA TURKISH BREAD	CHICKEN WM PASTA BABY CARROTS BROCCOLI WM MOUNTAINBREAD	SAVOURY BAKED BEANS WITH PASTA BEETROOT CUCUMBER CHERRY TOMATO'S WM BREAD	CHINESE FRIED RICE CHICKEN, HAM CORN, PEAS, CARROT, BEANS DINNER ROLL 3-5 WM BREAD 0-3	BEEF IN GRAVY BROWN RICE CAULIFLOWER CARROT WM BREAD
0-1yrs	ALTERNATIVE :MINCE MEAT,MASHED POTATO & PUMPKIN,PASTA . #NO PEAS,CORN #. PUREE FRUIT, YOGHURT.				
BEVERAGE	WATER	WATER	WATER	WATER	WATER
AFTERNOON TEA 2-5yrs	RICE CAKES HOMMUS 2-5's CORN RELISH DIP 0-2's	BANANA BREAD MARG/NUTALEX	FRUIT/VEGETABLE PLATTER CHEESE SLICE	PUMPKIN SCONES MARG/NUTALEX	RICE CRACKERS CORN RELISH DIP
0-1yrs #NO VEGETABLE	STICKS# ALTERNATIVE:	S'WICHES VARIETY			
BEVERAGES	MILK /WATER	MILK /WATER	MILK /WATER	MILK /WATER	MILK/WATER
LATE PM TEA	RICE CRACKERS	RICE CRACKERS	RICE CRACKERS	RICE CRACKERS	RICE CRACKERS
BEVERAGE	WATER	WATER	WATER	WATER	WATER

1 Tray of fruit for Nursery, Dreamtime . 2 Trays of fruit for Preschool per room every day for afternoon tea

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

