

Week commencing:

WARNERS BAY EARLY LEARNING AND CARE CENTRE INC. WEEKLY MENU

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 2-5yrs	FRUIT/VEGETABLE PLATTER CHEESE SLICE	PEACH SLICES CUSTARD	FRUIT LOAF/WM BREAD MARG/NUTALEX	BANANA WEETBIX	FRUIT PLATTER WM BREAD
0-1yrs	ALTERNATIVE: PUREE FRUIT / MASHED BANANA				
BEVERAGES	MILK/WATER MILK /WATER MILK /WATER MILK/WATER MILK/WATER				
LUNCH 2-5YRS	CHICKEN & MUSHROOMS BAKE JASMINE RICE BEANS CAULIFLOWER WHITE MOUNTAIN WRAPS	WM SPAGHETT BOLOGNAISE WM DINNER ROLLS 3-5 WM BREAD 0-3	CURRY TUNA WM PASTA LETTUCE BEETROOT WM VIENNA BREAD	MINCE MEAT & SWEET POTATO IN SAUCE BABY CARROTS 3-5's BEANS 1/2 WM MULTIGRAIN BREAD ROLL 3-5 WM BREAD 0-3	BAKED BEANS TORTILLA WRAPS TOMATO GR CHEESE GR CARROT
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	TURKISH BREAD CREAM CHEESE	CORN RELISH DIP SNOW PEAS, RICE CRACKERS	FRUIT/VEGETABLE PLATTER CHEESE SLICE	PLAIN SCONES CREAM CHEESE	RICE CAKES HOMMUS
0-1yrs #NO	VEGETABLE STICKS, POPCORN, PRETZELS # ALTERNATIVE:SANDWICHES VARIETY				
BEVERAGE	MILK /WATER MILK /WATER MILK /WATER MILK /WATER MILK/WATER				
LATE PM TEA BEVERAGE	RICE CRACKERS WATER	RICE CRACKERS WATER	RICE CRACKERS WATER	RICE CRACKERS WATER	RICE CRACKERS WATER

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

Our menus is subject to change due to produce availability. All meals 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.

