

WARNERS BAY EARLY LEARNING AND CARE CENTRE INC. WEEKLY MENU

Week commencing:

WEEK 6	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 2-5yrs	FRUIT LOAF/WM BREAD MARG/NUTALEX	FRUITY BIX	FRUIT SALAD YOGHURT	FRUIT/VEGETABLE PLATTER CHEESE SLICE	FRUIT/VEGETABLE PLATTER WM PREMIUMS
0-1yrs	ALTERNATIVE: PUREE	FRUIT / MASHED BANANA			
BEVERAGES	MILK/WATER MILK/WATER MILK/WATER MILK/WATER MILK/WATER MILK MILK MILK MILK				
LUNCH 2-5YRS	TUNA & RICE BEETROOT TOMATO GR CARROT WHITE BREAD	BEEF NOODLE NESTS BEANS CARROTS 0-2's CORN 2-5's WM BREAD 0-2 WM MULTIGRAIN BREAD 2-5	BAKED BEANS GR CHEESE LETTUCE CUCUMBER MINI WRAPS 0-2 WRAPS 2-5	BEEF & PUMPKIN LASGNA BROCCOLI CAULIFLOWER WM VIENNA BREAD	COLD CHICKEN TOMATO CUCUMBER GR CHEESE WM PASTA WM MOUNTAINBREAD
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	FRUIT/VEGETABLE PLATTER CHEESE SLICE	RICE CAKES CREAM CHEESE BANANA	BANANA BREAD MARG/NUTALEX	PLAIN SCONES MARG/NUTALEX	OPEN DINNER ROLL 3-5 WHITE BREAD 0-3 CHEESE SLICE
0-1yrs #NO VEGETABLE STICKS#	ALTERNATIVE:S'WICHES VARIETY				
BEVERAGES	MILK /WATER MILK /WATER MILK/WATER MILK /WATER MILK/WATER				
LATE PM TEA BEVERAGE	RICE CRACKERS WATER WATER WATER WATER WATER	RICE CRACKERS	RICE CRACKERS	RICE CRACKERS	RICE CRACKERS

1 Tray of fruit for Nursery & Dreamtime.
2 Trays 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 medication. Whole meal bread is buttered unless stated on menus.

