

Week commencing:

WARNERS BAY EARLY LEARNING AND CARE CENTRE INC. WEEKLY MENUS

WEEK 7	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 2-5's  2-5yrs	FRUIT PLATTER RICE CRACKERS	2 FRUITS VANILLA YOGHURT	RICE CAKES CREAM CHEESE	FRUIT PLATTER CHEESE SLICE	FRUIT/VEGETABLE PLATTER RICE CAKES
0-1yrs	ALTERNATIVE: PUREE	FRUIT / MASHED BANANA			
BEVERAGES	MILK/WATER	MILK/WATER	MILK/WATER	MILK/WATER	
LUNCH  2-5YRS	SPAGHETTI BOLOGNAISE GR CARROT LETTUCE WHITE BREAD	CURRY CHICKEN WM PASTA BABY CARROT BEANS TURKISH BREAD 3-5 WHITE BREAD 0-3	LAMB MELANGE VEGETABLES RICE WM BREAD	BAKED BEANS TACOS GR CHEESE GR CARROT LETTUCE AVOCADO MINI WRAPS 0-2's	HAM & EGG PIE BEETROOT GR CHEESE CORN BOCCOLI 1/2 WM BREAD ROLL 3-5 WM BREAD 0-3
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 3-5 WM BREAD 0-3 CHEESE SLICES	RICE CRACKERS HOMMUS CHERRY TOMATO'S	FRUIT/VEGETABLE PLATTER WM VIENNA BREAD	PLAIN SCONES CREAM CHEESE	FRUIT LOAF WM BREAD MARG/NUTALEX
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	RICE CRACKERS WATER	RICE CRACKERS WATER	RICE CRACKERS WATER	RICE CRACKERS WATER

1 Tray of fruit for Nursery & Dreamtime.  
2 Trays for preschool every day for afternoon tea.

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

