

Week commencing:

## WARNERS BAY EARLY LEARNING AND CARE CENTRE INC. WEEKLY MENU

WEEK 8	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 2-5yrs	FRUIT RICE CAKES	SLICE CHEESE VIENNA BREAD	FRUIT/VEGETABLE PLATTER RICE CAKES	FRUITY BIX	CANNED PEACHES YOGHURT
0-1yrs	ALTERNATIVE: PUREE FRUIT / MASHED BANANA				
BEVERAGES	MILK /WATER MILK/WATER MILK/WATER MILK/WATER MILK/WATER				
LUNCH 2-5YRS	CHICKEN & WM PASTA CASSEROLE BROCCOLI BEETROOT WHITE BREAD	MINCE CHOW MEIN WITH CARROTS & CABBAGE BROWN RICE WM BREAD	TUNA CASSEROLE MACARONI BROCCOLI GR CHEESE WM BREAD TOMATO TURKISH BREAD	BEEF & PASTA CAULIFLOWER BEETROOT WM BREAD	ZUCCHINI & GR CARROT SLICE TOMATO'S LETTUCE HI-FI LO GI WHITE BREAD
0-1yrs	ALTERNATIVE :MINCE MEAT, MASHED POTATO & PUMPKIN. PASTA . #NO PEAS,CORN#. PUREE FRUIT, YOGHURT.				
BEVERAGE	WATER WATER WATER WATER WATER				
AFTERNOON TEA	GR CHEESE GR CARROT MINI WRAPS	FRUIT/VEGETABLE PLATTER RICE CRACKER'S	BANANA BREAD MARG/NUTALEX	FRUIT/VEGETABLE PLATTER CHEESE SLICE	FRUIT LOAF/WM BREAD CREAM CHEESE
0-1yrs #NO VEGETABLE STICKS#	ALTERNATIVE:S'WICHES VARIETY				
BEVERAGE	MILK MILK MILK MILK MILK				
LATE PM TEA BEVERAGE	RICE CRACKERS RICE CRACKERS RICE CRACKERS RICE CRACKERS RICE CRACKERS WATER WATER WATER WATER WATER				

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

Our menu 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 menu.

