

WATTLEGROVE CHILDCARE CENTRE – Winter MENU 2020

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal & toast Milk or water	Cereal & toast, Porridge Milk or water	Cereal & toast Milk or water	Cereal & whole meal toast, boiled eggs Milk or water	Cereal & toast Milk or water
Morning tea	Fresh fruit Yogurt with Muesli Milk & water	Fresh apple slices, custard and creamed pears Milk or water	Yoghurt with fresh fruit Milk/Milo or water	Fresh fruit Raisin Toast Milk & water	Fresh fruit Cheese on toast Milk & water
Lunch	Baked Fish served with Fried Rice, garden salad. Option available; V	Hungarian Stuffed Cabbage with Lamb mince & Brown rice. Served with sauerkraut and garden Salad Options available; V, H Jackfruit for Vegan option	Seasonal vegetable bake with white sauce and whole meal pasta. Served with carrot sticks Options available: V, H	Lasagna with beef mince and mixed vegetables. Served with corn cobs Options available; H, V Vegan option to include legumes and tofu.	Minestrone soup with beans, vegetables and mince chicken/turkey. Orange wedges Options: H, V.
Afternoon tea	Veggie Platter/cucumber and carrots, whole meal pineapple Muffins	Vegetable Platter Banana Bread	Fresh fruit & Vegetable Platter with seasonal bliss balls, made with Chia and hemp seeds.	Citrus Fruit & Vegetable Platter with Hommus and Rice crackers	Fruit/Vegetable platter Zaatar Toasties
Late afternoon tea	Left overs from afternoon tea	Left overs from afternoon tea	Left overs from afternoon tea	Left overs from afternoon tea	Left overs from afternoon tea

- Please allow for some variation in the menu due to availability (seasonal or other) of some items.
- Water served with every meal.
- All children under age two will be served full cream milk & full fat vanilla yoghurt, all children over the age of two will be served light milk & low fat, low sugar vanilla yoghurt.
- All breads and wraps used are whole meal and gluten free for children are not able to have gluten.
- Spreads for toast include jam, cream cheese, vegemite, honey and butter.
- All other meal/snack options for children older than two are low fat and reduced sugar/salt.
- Any sides for morning/afternoon tea such as cold custard, yoghurt etc will served as one dessert spoon portion with an additional serving available if the children request more.
- Arrowroots and plain/BBQ rice crackers will be used to replace any morning/afternoon tea snakes which the children do not want to eat.
- Vegetarian option available: - V
- Halal option available - H
- Gluten free option available – G
- Service does not use pre-prepared sauces, artificial sweeteners, bakery items made with white flour, items prepared with NUTS.

WATTLEGROVE CHILDACRE CENTRE – Winter MENU 2020

Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal & toast Milk or water	Cereal & toast Milk or water	Cereal, whole meal toast Milk and water	Cereal & toast, boiled eggs Milk or water	Cereal & toast, Raisin Toast Milk or water
Morning tea	Fresh fruit Rice Crackers Milk & water	Fresh fruit Yoghurt with Berry Coulis Milk or water	Fresh fruit Raisin toast	Fresh fruit Smoothie (fresh fruit/frozen berries, bananas, honey, water) Milk & water	Puff pastry cheese sticks with sesame seeds Milk & water
Lunch	Tacos lamb mince, cooked with onions mixed vegetables. Options available: V, H Tofu/Jackfruit mince for vegan option	Lebanese Kafta, served with oven baked white and sweet potato on a bed of rice noodles Options available: V, H, G Vegan option to include lentils	Pumpkin soup, (pumpkin, potatoes, carrots, seasonal vegetables, pastina) V, H Fresh citrus fruit	Bangladeshi Chicken and mushroom daal, made with red lentils served with couscous Options available: V, H	Basa Fillets with oven baked potatoes served with brown rice. Steamed cauliflower/broccoli Options: V, H
Afternoon tea	Fresh Fruit & Vegetable Platter Vegemite & Cheese Scrolls	Fruit and Veggie platter. Seasonal fruit crumble	Fruit/Vegetable Platter Ukrainian Pancakes served with ricotta cheese	Fruit & Vegetable Platter Wholemeal pumpkin Scones	Fruit & Vegetable Platter Warm custard with cinnamon
Late afternoon tea	Leftovers from afternoon tea	Leftovers from afternoon tea	Leftovers from afternoon tea	Leftovers from afternoon tea	Leftovers from afternoon tea

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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal & toast, Boiled eggs Milk & water	Cereal & toast Milk & water	Cereal & toast Porridge Milk & water	Cereal & toast, Baked beans Milk & water	Cereal & toast, Milk & water
Morning tea	Fresh fruit Smoothies Milk & Water	Fresh fruit Raisin Toast Milk & Water	Fresh fruit Cheese cubes, carrot sticks, Milk & Water	Fresh fruit Yoghurt with fresh fruit Milk & Water	Fresh fruit Scrambled eggs on toast Milk & Water
Lunch	Tuna bake with white sauce and mixed vegetables Orange/pineapple platter Options: V	Italian lamb meat balls in carbonara sauce, served with whole meal pasta Option: H, V	Cambodian Chicken curry with coconut milk, served with Jasmin rice Option: V, G, H	Portuguese chick pea salad served with, roast pumpkin and lentils, feta cheese. Garlic bread Options; V, G	Teriyaki Beef stir fry served with Jasmine Rice Steamed green vegetables Options: V, H, G
Afternoon tea	Cheese/hummus dip with crackers Vegetable sticks	Fruit & Vegetable Platter, Hummos and Lebanese Zaatar bread	Fruit & Vegetable Platter Oatmeal cookies Milk/water	Fruit/Vegetable Platter Afghan Corn biscuits Milk/water	Fruit & Vegetable Platter Lebanese pizza (assorted) Water/Milk
Late afternoon tea	Leftovers from afternoon tea	Leftovers from afternoon tea	Leftovers from afternoon tea	Leftovers from afternoon tea	Leftovers from afternoon tea

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WEEK 4

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Breakfast	Cereal & toast, Baked beans Milk or water	Cereal & toast, Boiled eggs Milk or water	Cereal & toast Milk or water	Cereal & toast, Milk or water	Cereal & toast, porridge Milk or water
Morning tea	Fresh fruit Yoghurt with berry coulis Milk & Water	Fresh fruit Cheese toast Milk & Water	Fresh fruit Rice crackers, cheese sticks Milk & Water	Fresh fruit Omelets, toast Milk & Water	Fresh fruit oat bread Milk & Water
Lunch	Beef Meatballs cooked in a rich tomato sauce served with spiral pasta shredded carrots, corn and beetroot salad Options; V, H, G	Afghan slow cooked lamb served with long grain rice Garden Salad Options; V, H	Aussie style Fish and Chips (oven baked chips) Garden salad & Lemon slice. Option: V, H	Spinach & Feta pasta bake, cooked with yogurt. Served with orange wedges sticks Options: V, H, G	Nepalese chicken tarkari, served with garlic and spinach rice on a tomato sauce base. Cucumber and Carrot sticks Options: V, H
Afternoon tea	Fruit & Vegetable platter Zucchini slice	Fruit Platter Banana bread, Milk/Water	Fruit & Vegetable Platter, Blueberry muffins	Fruit & Vegetable Platter served Hungarian fruit doughnuts	Fruit & Vegetable Platter Spinach and Ricotta pockets
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