

CROYDON EARLY LEARNING CENTRE

MENU

WEEK ONE					
	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Until 8am</i>	Weetbix, Rice Bubbles or Corn Flakes served with milk/water				
Morning Tea <i>9:30am</i>	Custard & 2 Fruits Milk/Water	Yoghurt Milk/Water	Raisin Toast Milk/Water	Fruit & Veggie Platter Milk/Water	Custard & Fresh Fruit Milk/Water
Lunch <i>11:30am</i>	Pasta Bolognaise Water	Beef & Veggie Burgers served in Pita Bread Water	Tuna Pasta Bake Water	Vegetarian Fried Rice Water	Assorted Wholemeal Sandwiches Water
Afternoon Tea <i>2:30pm</i>	Wholemeal Pikelets Milk/Water	Fruit & Veggie Platter Milk/Water	Yoghurt & Fruit Salad Milk/Water	Banana Bread Milk/Water	Crackers with spread Milk/Water
Late Snack <i>4:00pm</i>	Biscuits with spread	Rice Cakes with spread	Biscuits with dip	Cheese & Crackers	Veggie Platter

WEEK TWO

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Until 8am</i>	Weetbix, Rice Bubbles or Corn Flakes served with milk/water				
Morning Tea <i>9:30am</i>	Fruit & Veggie Platter Milk/Water	Custard & 2 Fruits Milk/Water	Yoghurt Milk/Water	Fruit & Veggie Platter Milk/Water	Yoghurt & Fresh Fruit Milk/Water
Lunch <i>11:30am</i>	Zucchini Slice Water	Curried Beef with Rice Water	Chicken Noodles with Mixed Veggies Water	Chilli Con Carne with Rice or Pita bread Water	Assorted Wholemeal Sandwiches Water
Afternoon Tea <i>2:30pm</i>	Wholemeal English Muffins Milk/Water	Fruit & Veggie Platter Milk/Water	Fresh Fruit Platter Milk/Water	Raisin Toast Milk/Water	Crackers with spreads Milk/Water
Late Snack <i>4:00pm</i>	Cheese & Crackers	Biscuits with dip	Rice Cakes with spread	Cheese & Crackers	Veggie Platter

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WEEK THREE

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Until 8am</i>	Weetbix, Rice Bubbles or Corn Flakes served with milk/water				
Morning Tea <i>9:30am</i>	Custard & 2 Fruits Milk/Water	Yoghurt Milk/Water	Raisin Toast Milk/Water	Fruit & Veggie Platter Milk/Water	Custard & Fresh Fruit Milk/Water
Lunch <i>11:30am</i>	Beef & Veggie Risotto Water	Fish Fingers with Cheesy Veggies Water	Chicken Noodles with Mixed Veggies Water	Vegetarian Pasta Carbonara Water	Assorted Wholemeal Sandwiches Water
Afternoon Tea <i>2:30pm</i>	Wholemeal Pikelets Milk/Water	Fruit & Veggie Platter Milk/Water	Yoghurt & Fruit Salad Milk/Water	Banana Bread Milk/Water	Crackers with spread Milk/Water
Late Snack <i>4:00pm</i>	Cheese & Crackers	Biscuits with dip	Rice Cakes with spread	Cheese & Crackers	Veggie Platter

WEEK FOUR

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast <i>Until 8am</i>	Weetbix, Rice Bubbles or Corn Flakes served with milk/water				
Morning Tea <i>9:30am</i>	Fruit & Veggie Platter Milk/Water	Custard & 2 Fruits Milk/Water	Yoghurt Milk/Water	Fruit & Veggie Platter Milk/Water	Yoghurt & Fresh Fruit Milk/Water
Lunch <i>11:30am</i>	Butter Chicken with Rice Water	Chicken Nuggets with Cheesy Veggies Water	Lasagne Water	Sausages & Baked Beans with wholemeal bread Water	Assorted Wholemeal Sandwiches Water
Afternoon Tea <i>2:30pm</i>	Wholemeal English Muffins Milk/Water	Fruit & Veggie Platter Milk/Water	Fresh Fruit Platter Milk/Water	Raisin Toast Milk/Water	Crackers with spreads Milk/Water
Late Snack <i>4:00pm</i>	Cheese & Crackers	Biscuits with dip	Rice Cakes with spread	Cheese & Crackers	Veggie Platter