

CROYDON EARLY LEARNING CENTRE

# MENU

WEEK ONE					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <i>Until 8am</i>	Weetbix, Rice Bubbles or Corn Flakes served with milk/water				
<b>Morning Tea</b> <i>9:30am</i>	Custard & 2 Fruits Milk/Water	Fruit and Veggie Platter Milk/Water	Raisin Toast Milk/Water	Fruit & Veggie Platter Milk/Water	Fresh fruit Milk/Water
<b>Lunch</b> <i>11:30am</i>	Pasta Bolognese Water	Beef & Veggie Nachos Water	Tuna Pasta Bake Water	Vegetarian Fried Rice Water	Assorted Wholemeal Sandwiches Water
<b>Babies Lunch</b>	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch
<b>Afternoon Tea</b> <i>2:30pm</i>	Wholemeal Pikelets Milk/Water	Yoghurt Milk/Water	Fresh fruit Milk/Water	Banana Bread Milk/Water	Veggie platter Milk/Water
<b>Late Snack</b> <i>4:00pm</i>	Biscuits with spread	Rice Cakes with spread	Biscuits with dip	Cheese & Crackers	Crackers with spread
<b>Babies Snack</b>	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day

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WEEK TWO					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <i>Until 8am</i>	Weetbix, Rice Bubbles or Corn Flakes served with milk/water				
<b>Morning Tea</b> <i>9:30am</i>	Fruit & Veggie Platter Milk/Water	Fruit and Veggie Platter Milk/Water	Fresh fruit platter Milk/Water	Fruit & Veggie Platter Milk/Water	Fresh fruit Milk/Water
<b>Lunch</b> <i>11:30am</i>	Zucchini Slice Water	Curried Beef with rice Water	Chicken noodles with mixed veggies Water	Chilli Con Carne with Rice Water	Assorted Wholemeal Sandwiches Water
<b>Babies Lunch</b>	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch
<b>Afternoon Tea</b> <i>2:30pm</i>	Wholemeal English Muffins Milk/Water	Custard and 2 fruits Milk/Water	Yoghurt Milk/Water	Raisin Toast Milk/Water	Veggie Platter Milk/Water
<b>Late Snack</b> <i>4:00pm</i>	Cheese & Crackers	Biscuits with dip	Rice Cakes with spread	Cheese & Crackers	Crackers with spread
<b>Babies Snack</b>	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day

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WEEK THREE					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <i>Until 8am</i>	Weetbix, Rice Bubbles or Corn Flakes served with milk/water				
<b>Morning Tea</b> <i>9:30am</i>	Custard & 2 Fruits Milk/Water	Fruit and Veggie Platter Milk/Water	Fresh fruit Milk/Water	Fruit & Veggie Platter Milk/Water	Fresh Fruit Milk/Water
<b>Lunch</b> <i>11:30am</i>	Beef & Veggie Risotto Water	Fish Fingers with Cheesy Veggies Water	Chicken Noodles with Mixed Veggies Water	Vegetarian Pasta with garlic bread Water	Assorted Wholemeal Sandwiches Water
<b>Babies Lunch</b>	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch
<b>Afternoon Tea</b> <i>2:30pm</i>	Wholemeal Pikelets Milk/Water	Yoghurt Milk/Water	Fruit Salad Milk/Water	Banana Bread Milk/Water	Custard with two fruits Milk/Water
<b>Late Snack</b> <i>4:00pm</i>	Cheese & Crackers	Biscuits with dip	Rice Cakes with spread	Cheese & Crackers	Crackers with spread
<b>Babies Snack</b>	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day

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# MENU

WEEK FOUR					
	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> <i>Until 8am</i>	Weetbix, Rice Bubbles or Corn Flakes served with milk/water				
<b>Morning Tea</b> <i>9:30am</i>	Fruit & Veggie Platter Milk/Water	Fruit and Veggie platter Milk/Water	Fresh fruit platter Milk/Water	Fruit & Veggie Platter Milk/Water	Fresh Fruit Milk/Water
<b>Lunch</b> <i>11:30am</i>	Butter Chicken with Rice Water	Chicken Nuggets with Cheesy Veggies Water	Sausage Rolls with mixed veggies Water	Pineapple, sausages & Baked Beans with wholemeal bread Water	Assorted Wholemeal Sandwiches Water
<b>Babies Lunch</b>	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch	Pureed / Mash Veggies with a serve of the Main lunch
<b>Afternoon Tea</b> <i>2:30pm</i>	Wholemeal English Muffins Milk/Water	Custard with two fruits Milk/Water	Yoghurt Milk/Water	Raisin Toast Milk/Water	Veggie Platter Milk/Water
<b>Late Snack</b> <i>4:00pm</i>	Cheese & Crackers	Biscuits with dip	Rice Cakes with spread	Cheese & Crackers	Crackers with spread
<b>Babies Snack</b>	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day	Offered pureed fruits / Rice crackers throughout the day

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