

SPRING / SUMMER MENU

WEEK 1 - OVER 2'S

The Oaks

EARLY LEARNING CENTRE



MONDAY

Morning Tea - Fruit muffins + cheese sticks

Lunch - Homemade tuna sushi & seasonal fruit

Afternoon Tea - Fruit smoothie & wholemeal sandwiches

TUESDAY

Morning Tea - Vegetable pinwheel scones + seasonal fruit

Lunch - Spaghetti bolognese with pasta spirals

Afternoon tea - Bircher muesli pots

WEDNESDAY

Morning Tea - Pikelets with yoghurt & mashed banana

Lunch - Hummus, avocado, chicken & carrot wraps

Afternoon Tea - Fresh fruit, cheese sticks & vege platter

THURSDAY

Morning Tea - Pita crisps, cottage cheese & vege platter

Lunch - Mini Hamburgers + seasonal fruit

Afternoon Tea - Apricot loaf + cheese sticks

FRIDAY

Morning Tea - Vege puffs + seasonal fruit

Lunch - Lentil Dhal with brown rice

Afternoon Tea - Fruit crumble & custard

Water is available to children at anytime during the day and milk will be offered at lunchtime.

*All foods prepared are nut free and menu items can be further adjusted to suit the needs of individual children eg dairy free, gluten free, vegetarian and egg free.