

**Greenwood Early
Education Centre**
Menu



Menu plan

Week 1

Dietary requirements
Individual dietary requirements, including known allergens, are catered for throughout the day. For more information please speak to the centre team.

Water
Water is offered throughout the day and is accessible in each room.

MONDAY

BreakfastMixed seasonal fruits
with wholemeal toasted
cheese fingers

LunchWholemeal pasta
shapes
with bolognese sauce

VegetarianPasta shapes
with roasted vegetable sauce

Afternoon teaAvocado and banana
muffins
with cucumber and capsicum

Late snackBrown rice cakes
with cheese and Vegemite

TUESDAY

BreakfastScrambled eggs
with wholemeal toasted
cheese fingers

LunchKids antipasto
with vegetables, ham, chicken
and wholemeal bread

VegetarianVegetarian antipasto
with crumbed tofu fingers

Afternoon teaCarrot and oat cookies
with broccoli and roasted
pumpkin

Late snackMini wholemeal
sandwiches
(Tuna, cheese, avo, Vegemite)

WEDNESDAY

BreakfastApple and kale cake
with seasonal fruits

LunchLamb curry
with spinach and sweet potato
biryani

VegetarianChickpea and vegetable
curry
with brown rice

Afternoon teaOrange and pineapple
bread
with cucumber and tomato

Late snackWholemeal sandwich
sushi

THURSDAY

BreakfastBreakfast brownies
with vanilla yoghurt

LunchCrumbed whiting
with homemade potato chips,
corn cobs and peas

VegetarianZucchini, quinoa and
feta patty
with potato chips

Afternoon teaSpinach and cheese
pastizzi
with carrot and cucumbers

Late snackWholegrain crackers
with cheese & tomato

FRIDAY

BreakfastStrawberry and coconut
milk smoothie
with sourdough toast fingers

LunchChicken stroganoff
with brown rice

VegetarianTofu and mushroom
stroganoff
with brown rice

Afternoon teaMixed vegetable platter
with wholemeal pita, cheese
and tomato

Late snackMini Wholemeal
sandwiches
(Tuna, cheese, avo, Vegemite)