

**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

Breakfast
Mixed seasonal fruits
with wholemeal toasted cheese fingers

Lunch
Wholemeal pasta shapes
with bolognese sauce

Vegetarian
Pasta shapes
with roasted vegetable sauce

Afternoon tea
Avocado and banana muffins
with cucumber and capsicum

Late snack
Brown rice cakes
with cheese and Vegemite

TUESDAY

Breakfast
Scrambled eggs
with wholemeal toasted cheese fingers

Lunch
Kids antipasto
with vegetables, ham, chicken and wholemeal bread

Vegetarian
Vegetarian antipasto
with crumbed tofu fingers

Afternoon tea
Carrot and oat cookies
with broccoli and roasted pumpkin

Late snack
Mini wholemeal sandwiches
(Tuna, cheese, avo, Vegemite)

WEDNESDAY

Breakfast
Apple and kale cake
with seasonal fruits

Lunch
Lamb curry
with spinach and sweet potato biryani

Vegetarian
Chickpea and vegetable curry
with brown rice

Afternoon tea
Orange and pineapple bread
with cucumber and tomato

Late snack
Wholemeal sandwich sushi

THURSDAY

Breakfast
Breakfast brownies
with vanilla yoghurt

Lunch
Crumbed whiting
with homemade potato chips, corn cobs and peas

Vegetarian
Zucchini, quinoa and feta patty
with potato chips

Afternoon tea
Spinach and cheese pastizzi
with carrot and cucumbers

Late snack
Wholegrain crackers
with cheese & tomato

FRIDAY

Breakfast
Strawberry and coconut milk smoothie
with sourdough toast fingers

Lunch
Chicken stroganoff
with brown rice

Vegetarian
Tofu and mushroom stroganoff
with brown rice

Afternoon tea
Mixed vegetable platter
with wholemeal pita, cheese and tomato

Late snack
Mini Wholemeal sandwiches
(Tuna, cheese, avo, Vegemite)