

# Early Learning Services

## Sample menu



Early Learning Services  
Committed to Child Care





# Menu plan

## Sample menu

This is a sample of the menus offered. Centres regularly update and adjust their centre-specific menus.

**Water**  
Water is freely available throughout the day.

**Fruit**  
Fresh fruit bowls are available for all children throughout the day.

**Lunches**  
All lunch meals are served with fruit.

MONDAY	
Breakfast	Cereals or toast with margarine, Vegemite or jam.
Morning tea	Seasonal fruits platter Served with yoghurt
Nursery tea	Fruit puree
Lunch	Basa-fish fried rice Served with apple
Nursery lunch	Vegetable puree
Afternoon tea	Vanilla muffins Served with milk
Nursery tea	Yoghurt/custard
Snacks	Salada biscuits, rice cakes, jam or Vegemite sandwiches

TUESDAY	
Breakfast	Cereals or toast with margarine, Vegemite or jam.
Morning tea	Seasonal fruits platter Served with yoghurt
Nursery tea	Fruit puree
Lunch	Beef or chicken lasagne
Nursery lunch	Vegetable puree
Afternoon tea	Rice cakes Served with cream cheese, jam or Vegemite
Nursery tea	Yoghurt/custard
Snacks	Salada biscuits, rice cakes, jam or Vegemite sandwiches

WEDNESDAY	
Breakfast	Cereals or toast with margarine, Vegemite or jam.
Morning tea	Seasonal fruits platter Served with yoghurt
Nursery tea	Fruit puree
Lunch	Chicken and potato Frittata Served with bread
Nursery lunch	Vegetable puree
Afternoon tea	Raisin bread with butter Served with milk
Nursery tea	Yoghurt/custard
Snacks	Salada biscuits, rice cakes, jam or Vegemite sandwiches

THURSDAY	
Breakfast	Cereals or toast with margarine, Vegemite or jam.
Morning tea	Seasonal fruits platter Served with yoghurt
Nursery tea	Fruit Puree
Lunch	Spaghetti bolognese Served with apple
Nursery lunch	Vegetable puree
Afternoon tea	Mini vegetarian pizza
Nursery tea	Yoghurt/custard
Snacks	Salada biscuits, rice cakes, jam or Vegemite sandwiches

FRIDAY	
Breakfast	Cereals or toast with margarine, Vegemite or jam.
Morning tea	Pancakes Served with Honey and milk
Nursery tea	Fruit puree
Lunch	Vegetarian Curry Rice Served with apple
Nursery lunch	Vegetable puree
Afternoon tea	Savoury platter cheese, sultanas, crackers, celery and carrot
Nursery tea	Yoghurt/custard
Snacks	Salada biscuits, rice cakes, jam or Vegemite sandwiches