

Great Beginnings Menu



Menu

MONDAY

Breakfast

Wholemeal toast
with choice of Vegemite or jam

Cereals
with choice of full cream, lactose free, soy, organic, or rice milk

Morning tea

Seasonal fruit platter
served with milk and/or water

Lunch

Chicken paella
Chicken, chorizo, capsicum, peas, parsley cooked in veg stock and arborio rice

Afternoon tea

Scones
with house made berry and chia seed jam

Dietary requirements
Individual dietary requirements including known allergens are catered for throughout the day. Please speak to the centre team or refer to your daily Xplor notifications.

Snacks
Late snack is provided for children who are collected later in the day – example fresh fruit or brown rice crackers.

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

TUESDAY

Breakfast

Wholemeal toast
with choice of Vegemite or jam

Cereals
with choice of full cream, lactose free, soy, organic, or rice milk

Morning tea

Seasonal fruit platter
served with milk and/or water

Lunch

Lamb kofta
With roast vegetable couscous and cucumber yoghurt

Afternoon tea

Banana bread
with a vanilla and honey mascarpone

WEDNESDAY

Breakfast

Wholemeal toast
with choice of Vegemite or jam

Cereals
with choice of full cream, lactose free, soy, organic, or rice milk

Morning tea

Seasonal fruit platter
served with milk and/or water

Lunch

Basa fillets
Lemon and quinoa crusted fish fillets with garlic roasted potatoes, green beans, carrots and dill mayo

Afternoon tea

Ham & cheese pizza scrolls

THURSDAY

Breakfast

Wholemeal toast
with choice of Vegemite or jam

Cereals
with choice of full cream, lactose free, soy, organic, or rice milk

Morning tea

Seasonal fruit platter
served with milk and/or water

Lunch

Lasagne
Vegetable and ricotta layered with pasta, Napoli and cheese serve with a garden salad

Afternoon tea

Granola, stewed fruits and yoghurt

FRIDAY

Breakfast

Wholemeal toast
with choice of Vegemite or jam

Cereals
with choice of full cream, lactose free, soy, organic, or rice milk

Morning tea

Seasonal fruit platter
served with milk and/or water

Lunch

Crispy baked teriyaki tofu
With stir fry Asian veg and thin egg noodles

Afternoon tea

Savoury platter
with dips, veggie sticks, dried fruit and rice crackers



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