# <mark>Great Beginnings</mark> Menu





# Menu

# MONDAY

#### Wholemeal toast

with choice of Vegemite or jam

#### Cereals

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

#### Seasonal fruit platter

served with milk and/or water

#### Chicken paella

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

#### Scones

with house made berry and chia

#### **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.

# YADZEVT

Wholemeal toast with choice of Vegemite or jam

#### Cereals

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

#### Seasonal fruit platter served with milk and/or water

#### Lamb kofta

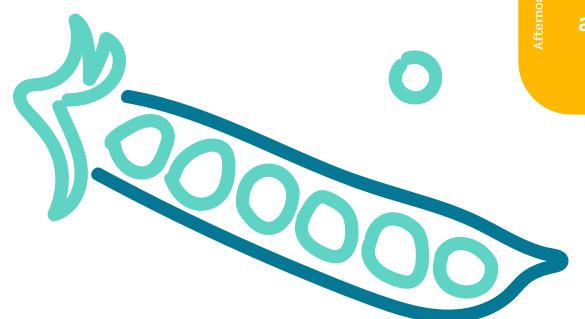
With roast vegetable couscous and cucumber yoghurt

#### **Banana** bread

with a vanilla and honey mascarpone

#### Wholemeal toast with choice of Vegemite or jam

#### Cereals





# WEDNESDAY

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

### Seasonal fruit platter

served with milk and/or water

### **Basa fillets**

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

#### Ham & cheese pizza scrolls

# THUSSOAY

Wholemeal toast

with choice of Vegemite or jam

#### Cereals

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

### Seasonal fruit platter

served with milk and/or water

#### Lasagne

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

Granola, stewed fruits and yoghurt

# FRIDAY

## Wholemeal toast with choice of Vegemite or jam Cereals

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

#### Seasonal fruit platter

served with milk and/or water

### Crispy baked teriyaki tofu

With stir fry Asian veg and thin egg noodles

### Savoury platter

with dips, veggie sticks, dried fruit and rice crackers

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