

Glen Gala ELS
Sample menu



Early Learning Services
Committed to Child Care



Sample menu

Allergies

Gluten free products, egg replacer, coconut milk, rice milk, coconut yoghurt.

Infants (eating solids)

Foods are puréed.

Late snack

Fruit or sandwiches are served if required.

Water

Water is freely available throughout the day.

MONDAY

Breakfast
Assorted bread and cereals
with a selection of spreads.
Served with milk or water.

Morning tea
Assorted fruit and yoghurt
Served with milk or water.

Lunch
Winter chicken curry and rice
Ingredients include assorted vegetables, curry powder and tomatoes.

Afternoon tea
Salada biscuits and cheese
Served with milk or water.

TUESDAY

Breakfast
Assorted bread and cereals
with a selection of spreads.
Served with milk or water.

Morning tea
Warm raisin bread with butter or Nuttelex
Served with milk or water.

Lunch
Beef con carne and burritos or risoni
Ingredients include assorted vegetables, kidney beans, cumin and tomatoes.

Afternoon tea
Dried fruit, rice crackers and dips
Served with milk or water.

WEDNESDAY

Breakfast
Assorted bread and cereals
with a selection of spreads.
Served with milk or water.

Morning tea
Assorted fruit and yoghurt
Served with milk or water.

Lunch
Fish and rice
Ingredients include crumbed or battered fish. Flour, eggs and vinegar.

Afternoon tea
Apple and carrot muffin
Served with milk or water.

THURSDAY

Breakfast
Assorted bread and cereals
with a selection of spreads.
Served with milk or water.

Morning tea
Warm English muffins with butter or Nuttelex
Served with milk or water.

Lunch
Lamb pasta bake with béchamel
Ingredients include assorted vegetables, tomato, passata, milk, flour and butter.

Afternoon tea
Fruit platter
Served with milk or water.

FRIDAY

Breakfast
Assorted bread and cereals
with a selection of spreads.
Served with milk or water.

Morning tea
Assorted fruit.
Served with milk or water.

Lunch
Quiche or fritters and garlic bread
Ingredients include assorted roasted vegetables, flour, cream and eggs.

Afternoon tea
Scones and jam
Served with milk or water.

