Glen Gala ELS Sample menu



Early Learning Service Committed to Child Care



Sample menu

MONDAY

Assorted bread and cereals

with a selection of spreads. Served with milk or water.

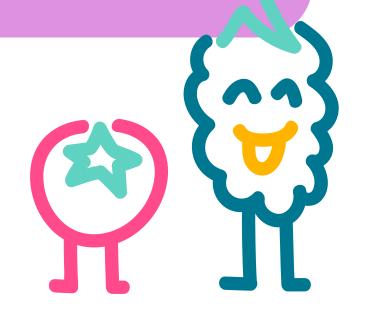
Assorted fruit and yoghurt

Served with milk or water.

Winter chicken curry and rice

Ingredients include assorted vegetables, curry powder and tomatoes.

Salada biscuits and cheese Served with milk or water.



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.

YADZEVT

Assorted bread and cereals

with a selection of spreads. Served with milk or water.

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

Beef con carne and burritos or risoni

Ingredients include assorted vegetables, kidney beans, cumin and tomatoes.

Dried fruit, rice crackers and dips

Served with milk or water.

and vinegar.

WEDNESDAY

Assorted bread and cereals

with a selection of spreads. Served with milk or water.

Assorted fruit and yoghurt

Served with milk or water.

Fish and rice

Ingredients include crumbed or battered fish. Flour, eggs

Apple and carrot muffin

Served with milk or water.

THUSSONY

Assorted bread and cereals

with a selection of spreads. Served with milk or water.

Warm English muffins with butter or Nuttelex

Served with milk or water.

Lamb pasta bake with béchamel

Ingredients include assorted vegetables, tomato, passata, milk, flour and butter.

Fruit platter

Served with milk or water.

FRIDAY

Assorted bread and cereals

with a selection of spreads. Served with milk or water.

Assorted fruit.

Served with milk or water.

Quiche or fritters and garlic bread

Ingredients include assorted roasted vegetables, flour, cream and eggs.

Scones and jam Served with milk or water.







