

Bluebird Early Education Centre Menu





Bluebird Menu



MONDAY

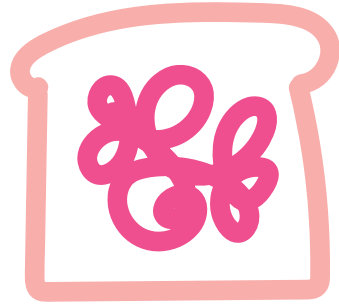
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST



Wholegrain cereals and toast with healthy toppings from the five food groups, served with milk and water

MORNING TEA



Rainbow Platter

apple, banana, cherry tomatoes, carrot, cucumber, wholegrain crackers with white bean dip

Milk & water

Rainbow Platter

nectarines, rockmelon, pineapple, snow peas, carrot, wholegrain crackers with chickpea and beetroot dip

Milk & water

Banana Bubbles and Apple Slices

banana rolled in natural yoghurt and puffed rice

Milk & water

Melon Head Platter with Pineapple Yoghurt

honeydew, rockmelon, watermelon

Milk & water

Banana and Spiced Ricotta Pizza

wholemeal bread, ricotta, banana, cinnamon

Milk & water

LUNCH



Mexican Beef Wraps

Lean minced beef, red kidney beans, carrot, capsicum, tomato, spices, lettuce, avocado, cheese, wholemeal wraps

Water

Pasta with Tuna and Lentil Ragù

canned tuna, dried red lentils, garlic, tomatoes, carrot, zucchini, herbs, pasta, cheese

Water

Falafels with Tzatziki Couscous and Salad

chickpeas, spices, garlic, herbs, egg, yoghurt, cucumber, wholemeal, couscous, carrot, cos lettuce

Water

Beef San Choy Bau

rice noodles, lean minced beef, cabbage, carrot, green beans, peas, capsicum, ginger, soy sauce, iceberg lettuce

Water

Chicken and Veggie Stir Fry with Brown Rice

cabbage, carrot, chicken, capsicum, zucchini, garlic, ginger, sweet chilli sauce, brown rice

Water

AFTERNOON TEA



Banana Bread and Grapes

topped with cinnamon spiced ricotta, served with fresh grapes

Milk & water

Cheesy Green Muffins

flour, spinach, cheese, milk, eggs

Summer Fruit Smoothie

milk, natural yoghurt, seasonal fruit

Milk & water

Veggie Dippers with Sweet Potato and Salmon Dip

carrot, red capsicum, lightly steamed broccoli, flat bread

Milk & water

Tasty Savoury Triangles

wholemeal bread, cottage cheese, chicken, cucumber, tuna and corn

Milk & water

Watermelon Icy Pops

frozen watermelon triangles

Quick Sticks Platter

capsicum, carrot, cucumber

Milk & water

LATE SNACK



A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water





Toddle

