

WEEK	MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
ONE	MORNING TEA	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit	Assorted Fruit
	LUNCH	Veg bake with Pasta.	Shepherd Pulled chicken with Mash and Rice and Veg's	Spaghetti Bolognese	Assorted Sandwiches	Variety of Wraps
	(Joeys)	(Pumpkin and Chicken Puree)	(Beef and Vegetable puree)	(Chicken and Corn Puree)	(Chicken and Vegetable puree)	(Beef and vegetable puree)
	AFTERNOON TEA	Pizza with Vegemite and Cheese	Orange Muffins with Sultanas	Rice Cakes with strawberry jam	Pumpkin and Cheese Muffins	Saladas with cheese cubes and mixed dried fruit
TWO	MORNING TEA	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits
	LUNCH	Mexican mince with kidney beans and Roasted potato, rice and sour cream topper	Beef mince rissoles with lentils on yellow rice	Assorted Sandwiches	Roasted Chicken with Veggies and pasta	Slowed cook prime cut silver side, gravy with brown rice and Veggies.
	(Joeys)	(Beef and Vegetable puree)	(Chicken, corn and sweet potato puree)	(Beef and Vegetable Puree)	(Creamy potato and chicken puree)	(Pumpkin and Chicken Puree)
AFTERNOON TEA	Corn thins with Cheese.	Oat Cookies	Date Muffins	Cheese corn fritter slice	Crackers with Cheese and Dried Fruit	
THREE	MORNING TEA	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits
	LUNCH	Vegetarian Lentil curry with Tofu and Rice	Roasted chicken with Rice and Veg's	Assorted Sandwiches	Spaghetti bolognese with shredded cheese	Assorted Sandwiches
	(Joeys)	(Assorted Vegetable puree)	(Chicken and Corn Puree)	(Beef and Vegetable Puree)	(Chicken and Vegetable Puree)	(Assorted Vegetable and Chicken Puree)
AFTERNOON TEA	Banana and strawberry Muffins	Corn thins with Vegemite	Cheesy pizza	Anzac slice with coconut rain	Ham and Corn, Veggies slice	
FOUR	MORNING TEA	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits	Assorted Fruits
	LUNCH	Napoli Sauce pasta with Creamy cheese sauce bake	Assorted sandwiches	Mexican beef mince with black beans and Veggies rices	Pulled chicken with roasted pumpkin and basil sauce and Herby rice.	Fried Rice with Bacon and Veggies
	(Joeys)	(Chicken and Vegetable puree)	(Beef and Vegetable Puree)	(Pumpkin, Chicken and Corn Puree)	(Beef and Veggie Stir fried tofu with veggies and rice Puree)	(Chicken and Vegetable Puree)
AFTERNOON TEA	Mixed dried fruit platter with cheese and crackers	Sweet potato, corn, cheesy fritter slice	Rice cakes with ham and cheese	Beetroot chocolate muffins	Margherita pizza with spinach	

Late afternoon Snack 5.00pm to 5.30pm	Assorted Fruit, Crackers and Left-over afternoon tea will be offered to children.
Nursery	Children in the Nursery are offered the same menu as the rest of centre, plus a variety of fresh cooked vegetables and fruit and farex cereal which are prepared according to children's preferences. (Pumpkin, potato, broccoli, zucchini, sweet potato, carrots, apples, pear + iron fortified cereal if needed.)

Avenues Early Learning centre will meet 50% of daily needs while children are in care, the remaining 50% should be met at home. Avenues Early Learning centre is committed to promoting good dental habits and minimising risk of dental decay from food and drink provided at the centre. Water is offered after & between meals for children to rinse their mouths and to drink. All recipes are made on limited salt and sugar, whole grain flour, bread and rice are used on a daily basis. No artificial flavouring or colouring will be used.