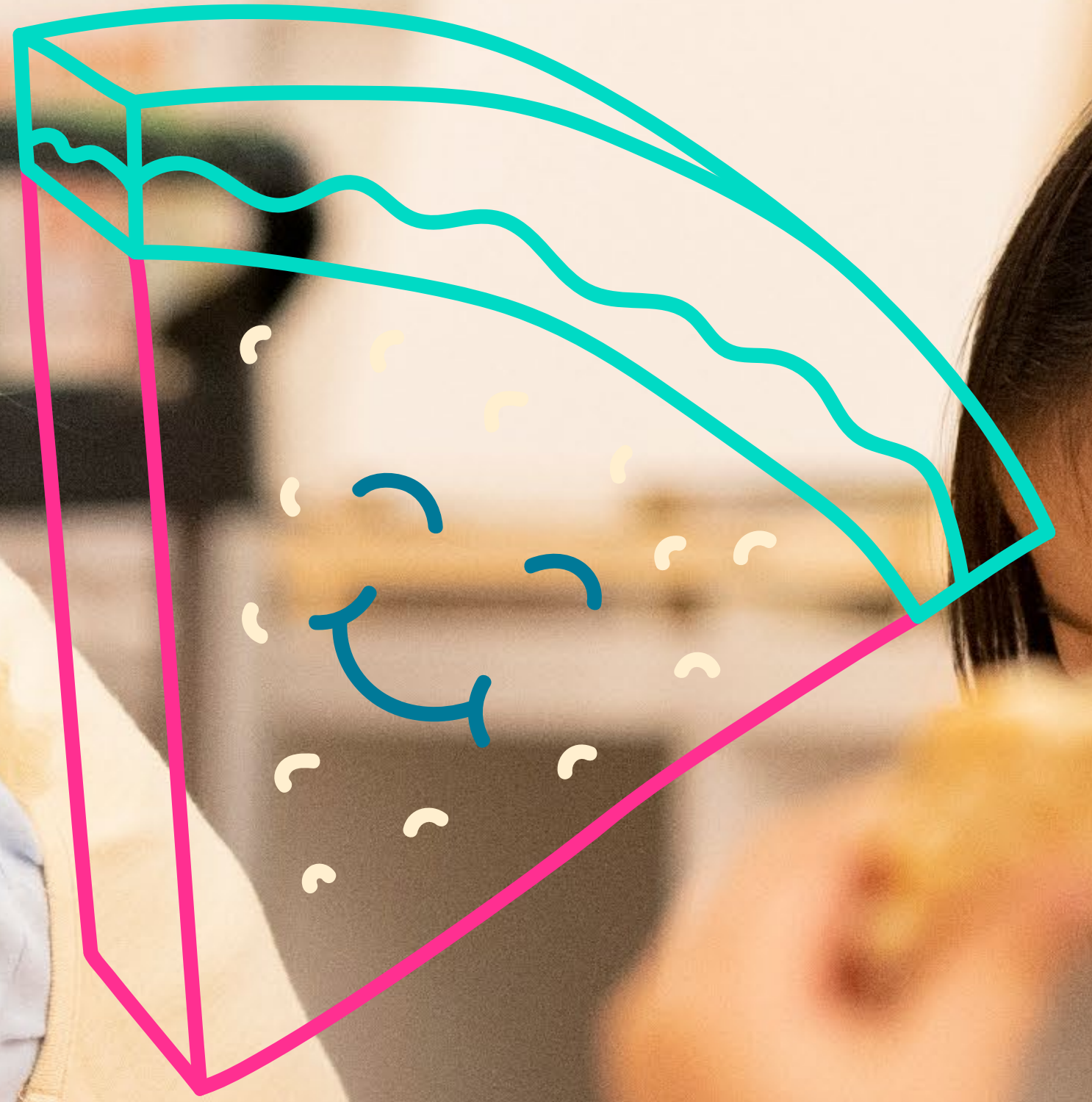
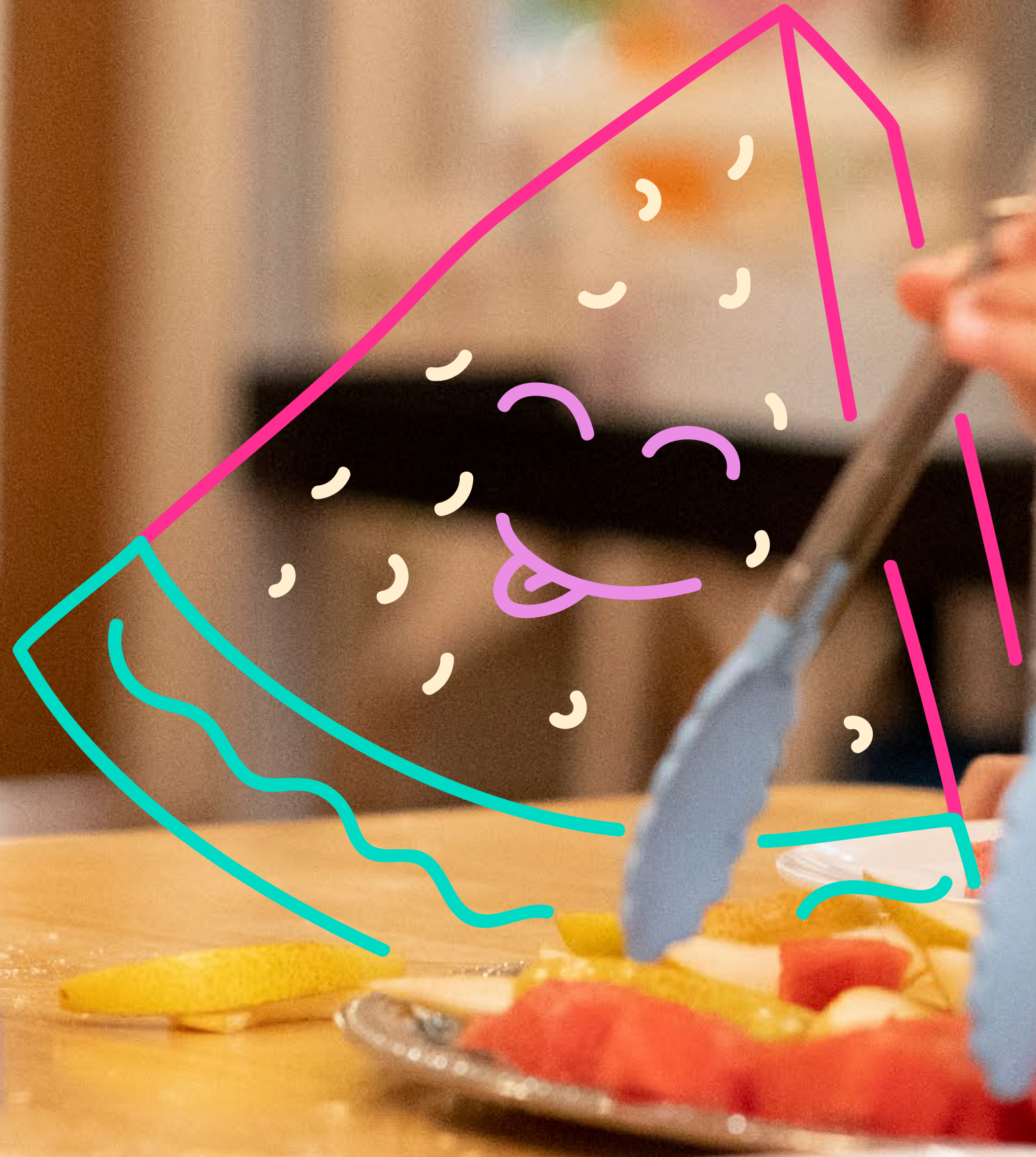


**Endeavour
Early Education**
Sample menu



Sample menu

Fruit & veg
We use locally sourced organic fruit and vegetables from Warrah Farm wherever possible.

Late snack
Choose from: seasonal fruit with choice of crackers and cheese or wholemeal sandwiches, served with water.

MONDAY

Breakfast
Cereal, porridge or wholemeal toast
Cereals include: Weetbix, Rice Bubbles, Cornflakes. Served with milk or water.

Morning tea
Pumpkin scones with apple and pear slices. Served with milk or water to drink.

Lunch
Mild lamb curry with basmati rice. Served with water to drink.

Veggie
Vegetarian curry with Tofu. Served with water to drink.

Afternoon tea
Fruit salad with organic yoghurt
Fruit includes: watermelon, rockmelon and grapes. Served with milk or water to drink.



TUESDAY

Breakfast
Cereal, porridge or wholemeal toast
Cereals include: Weetbix, Rice Bubbles, Cornflakes. Served with milk or water.

Morning tea
Wholemeal sandwich triangles
Choose from: Cucumber and cheese or tomato and cheese. Served with milk or water to drink.

Lunch
Vegetable hot pot with couscous. Gluten free couscous available. Served with water to drink.

Afternoon tea
Fruit loaf with banana and orange slices. Served with milk or water to drink.

WEDNESDAY

Breakfast
Cereal, porridge or wholemeal toast
Cereals include: Weetbix, Rice Bubbles, Cornflakes. Served with milk or water.

Morning tea
Wholemeal crackers & dried fruit with cheese slices. Served with milk or water to drink.

Lunch
Tuna patties with garden salad. Served with water to drink.

Veggie
Lentil patties
Served with water to drink.

Afternoon tea
Fruit platter with rice cakes & spreads
Fruit includes: mandarin, pineapple and pear. Served with milk or water to drink.

THURSDAY

Breakfast
Cereal, porridge or wholemeal toast
Cereals include: Weetbix, Rice Bubbles, Cornflakes. Served with milk or water.

Morning tea
Strawberry smoothie with tomato & cream cheese Saos. Served with milk or water to drink.

Lunch
Beef & bean burritos
Served with water to drink.

Veggie
Vegetarian burritos
Served with water to drink.

Afternoon tea
Veggie sticks & pita bread with avocado or beetroot dip. Veggies include: celery, cucumber and cherry tomatoes. Served with milk or water to drink.

FRIDAY

Breakfast
Cereal, porridge or wholemeal toast
Cereals include: Weetbix, Rice Bubbles, Cornflakes. Served with milk or water.

Morning tea
Fruit platter with crumpets with a choice of spreads. Served with milk or water to drink.

Lunch
Spinach, pumpkin, corn & chicken pasta muffins
Served with water to drink.

Under 1 year lunch
Vegetarian pasta muffins
Served with water to drink.

Afternoon tea
Vegemite & cheese pizza scrolls
Served with milk or water to drink.

