

Sentia Early Learning - Weekly Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<i>Children may choose from: wholegrain cereals, dried fruit and flake mix, wholemeal toast with healthy toppings, served with milk and water</i>				
MORNING TEA	Fresh Fruit with Yoghurt	Cheese Sandwiches	Sultana Scrolls	Wholemeal Crumpets with Jam	Cocoa Nib Scones
LUNCH	Chicken Tikka Masala with Rice and Herb Yogurt Sauce	Beef Fajita with Sour Cream Sauce and Tortilla	Tangy Lamb Curry with Rice	Asian Style Fish with Hokkien Noodles	Homemade Pizza with Sweet Potato Wedges
AFTERNOON TEA	Pumpkin Dip with Pita Bread	Wholegrain Crackers, Cucumber and Sultanas	Vegetarian Sausage Rolls	Oven-Fresh ANZAC Biscuits	Strawberry Cupcake topped with Fresh Strawberries
LATE SNACK	<i>Children may choose from: wholegrain crackers and cheese, fresh vegetables and fruit, served with water</i>				

Water	Drinking water is accessible for children at all times through the day
Infants (eating solids)	A variety of healthy foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans, tofu). Foods of appropriate texture for an infant's age and stage of development will be provided (puree, chopped, finger food etc.)
Allergies	Children with allergies and/or food intolerances are provided with a tailored version of the regular menu to suit their individual needs