

**SAMPLE MENU**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<p><b>3 - 5 Years</b> - Variety of cereals (Cheerios, Sultana Bran, Cornflakes, Rice Bubbles, Weet-bix) Wholemeal toast with a variety of spreads. Served with a choice of Milk or Water</p> <p><b>6 months – 2 Years</b> – Variety of cereals (Rice cereal, Porridge, Weet-bix) served with homemade fruit puree. Served with Formula/Milk/Water</p>				
<b>Morning Tea</b>	Wholemeal cheese scones served with a seasonal fruit platter	Vegetable sticks served with a variety of dips served with oven toasted wholemeal Lebanese bread	Raisin toast served with cheese cubes and a seasonal fruit platter	Vanilla bean yoghurt served with a seasonal fruit platter	Toasted French loaf with cheese, sliced tomato and mushrooms
<b>Lunch</b>	Tandoori chicken served with seasonal vegetables and Jasmine rice	Moroccan meatballs served with a vegetable couscous	Baked fish with a potato mash and a garden salad	Oven baked chicken crunchies with a lemon mayo served with wholemeal garlic bread sticks	Beef and lentil bolognaise pasta served with a garden salad
<b>Vegetarian Option</b>	Apple slices provided after lunch				
	Black bean quesadillas served with roasted potatoes	Moroccan vegetable and chickpea stew served with couscous	Cheese and vegetable bake served with a garden salad	Veggie fritters served with a spinach & yoghurt dip and wholemeal garlic bread sticks	Mushroom & lentil bolognaise pasta served with a garden salad
<b>Afternoon Tea</b>	Banana pikelets topped with fresh banana and strawberry slices	Wholemeal cheesy vegemite scrolls served with a seasonal fruit platter	Rice crackers served with a hummus dip and vegetable sticks	An assortment of wholemeal sandwiches with a variety of spreads and fillings served with a seasonal fruit platter	Whole grain crispbreads with a variety of spreads and cheese cubes with a seasonal fruit platter
<b>Late Afternoon Snack</b>	Rye cruskits with a variety of spreads	Rice cakes with a variety of spreads	Wholegrain crispbread with cheese sticks	Water crackers served with dried fruit	Rice crackers served with raisins and cheese cubes

- ✓ **Our 6 Months to 2 Years menu is in consultation with families as children are offered a range of homemade purees and an opportunity to try a variety of foods and textures from the 3-5 Years menu.**
- ✓ **Evergreen also provides facilities and offers opportunities and support to families to continue to provide breastmilk or breastfeed their child in care.**
- ✓ **We provide whole, light, lactose free and soy milk – if your child requires a different type of milk please speak to the Centre Manager on enrolment.**
- ✓ **Milk/Water is served at Morning Tea and Afternoon Tea. Water is available to children at all times throughout the day.**

***Evergreen Early Education Centre is a 'Nut Free' Centre. We cater for all children and their dietary requirements whether based on an allergy, vegetarian, cultural or religious beliefs.***