



LITTLE GRACES CHILDCARE CENTRE WEEKLY MENU

Breakfast: (Choice of the following cereal) Weet Bix, Rice Bubbles, Cornflakes
Beverages: Milk or Water.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Cheese, Sultanas with Wholemeal Rice Crackers and Seasonal Fruit Platter Or Seasonal Fruit Puree	Wholemeal Toast with Cheese and Tomato and Seasonal Fruit Platter Or Seasonal Fruit Puree	Vanilla Yoghurt with Fruit Salad and Oats Or Seasonal Fruit Puree	Wholemeal Cruskets with Spread and Seasonal Fruit Platter Or Seasonal Fruit Puree	Wholegrain Crackers with Vegemite and Seasonal Fruit Platter Or Seasonal Fruit Puree
BEVERAGES	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH	Honey Soy Chicken, Lentils and Mixed Vegetables with Noodles	Curried Beef Sausages with Broccoli and Cauliflower with Brown Rice	Mexican Style Wholemeal Pasta with Corn, Capsicum and Baked Beans	Beef with Spinach and Brown Rice	Beef with Potato, Carrots and Cabbage with Brown Rice
BEVERAGES	Water to be served with all Lunch meals				
VEGETARIAN OPT	Honey Soy Lentils and Mixed Vegetables with Noodles	Curried Chickpeas, Broccoli and Cauliflower Brown Rice		Spinach and Lentils with Brown Rice	Potato, Carrots and Cabbage with Brown Rice
AFTERNOON TEA	Mixed Berries and Banana Loaf with Vegetable Sticks Or Seasonal Fruit Puree	Spinach and Feta Savoury Muffins with Vegetable Sticks Or Seasonal Fruit Puree	Homemade Hummos Dips with Capsicum, Carrot and Cucumber Sticks Or Seasonal Fruit Puree	Wholemeal Rice Crackers with Cheese and Tomato Squares Or Seasonal Fruit Puree	Carrot and Oat Loaf with Vegetable Sticks Or Seasonal Fruit Puree
BEVERAGES	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LATE SNACK	An assortment of Rice Cakes, Wholemeal Cruskits, Vitaweats or sandwiches with assorted spreads (Vegemite, Jam, Cheese)				

WEEK 1: 6 WEEKS- 5 YEARS (Full Cream Milk provided for 0-2 Years – Light Milk provided for 3-5 years)



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Breakfast: (Choice of the following cereal) Weet Bix, Rice Bubbles, Cornflakes
Beverages: Milk or Water.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Scrambled Eggs with Wholemeal Toast and Seasonal Fruit Platter Or Seasonal Fruit Puree	Vanilla Yoghurt with Oats and Apricots Or Seasonal Fruit Puree	Cheese and Crackers with Dried Fruit Or Seasonal Fruit Puree	Wholemeal Crumpets with Spread and Seasonal Fruit Platter Or Seasonal Fruit Puree	Raisin Toast with Seasonal Fruit Platter Or Seasonal Fruit Puree
BEVERAGES	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH	Beef Stroganoff with Brown Rice	Sweet Potato, Peas, Corn, Carrot and Broccoli Curry with Brown Rice	Chicken and Mixed Vegetable Sausage Rolls	Beef, Beans and Mixed Vegetable Sheppards Pie	Meat Balls with Spaghetti
BEVERAGES	Water to be served with all Lunch meals				
VEGETARIAN OPT	Chickpea and Mixed Vegetable Stroganof with Brown Rice		Mixed Vegetable Sausage Rolls	Mixed Vegetable and Beans Sheppard's Pie	Napoletana Pasta
AFTERNOON TEA	Homemade Hummos Dips with Capsicum, Carrot and Cucumber Sticks Or Seasonal Fruit Puree	Coconut Loaf with Vegetable Sticks Or Seasonal Fruit Puree	Banana and Mixed Berry Muffins with Vegetable Sticks Or Seasonal Fruit Puree	Wholemeal Rice Crackers with Cheese and Baked Bean Dip with Tomato Squares Or Seasonal Fruit Puree	Vegetable and Mashed Sweet Potato Crumbed Patties with Vegetable Sticks Or Seasonal Fruit Puree
BEVERAGES	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LATE SNACK	An assortment of Rice Cakes, Wholemeal Cruskits, Vitaweats or sandwiches with assorted spreads (Vegemite, Jam, Cheese)				

WEEK 2: 6 WEEKS- 5 YEARS (Full Cream Milk provided for 0-2 Years – Light Milk provided for 3-5 years)



LITTLE GRACES CHILDCARE CENTRE WEEKLY MENU

Breakfast: (Choice of the following cereal) Weet Bix, Rice Bubbles, Cornflakes
Beverages: Milk or Water.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Wholemeal English Muffins with Spreads and Seasonal Fruit Platter Or Seasonal Fruit Puree	Cheese, Sultanas and Wholemeal Rice Crackers with Seasonal Fruit Platter Or Seasonal Fruit Puree	Wholemeal Toast with Cheese and Tomato and Seasonal Fruit Platter Or Seasonal Fruit Puree	Vanilla Yoghurt with Peaches Or Seasonal Fruit Puree	Wholemeal English Muffins with Spread and Seasonal Fruit Platter Or Seasonal Fruit Puree
BEVERAGES	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH	Beef and Broccoli Stir Fry with Noodles	Beef, Capsicum, Mushroom, Onion, Pineapple Pizza on Wholemeal Lebanese Bread	Pasta Bolognese	Chinese Mushroom, Chickpea and Mixed Vegetables with Brown Rice	Chicken and Lentil Vegetable Noodle Soup
BEVERAGES	Water to be served with all Lunch meals				
VEGETARIAN OPT	Chickpea and Broccoli Stir Fry with Noodles	Capsicum, Mushroom, Onion, Pineapple Pizza on Wholemeal Lebanese Bread	Napoletana Pasta		Lentil and Vegetable Noodle Soup
AFTERNOON TEA	Sultana Tea Loaf with Vegetable Sticks Or Seasonal Fruit Puree	Curry Puffs with Vegetable Sticks Or Seasonal Fruit Puree	Homemade Dips with Capsicum and Cucumber Sticks Or Seasonal Fruit Puree	Wholemeal Rice Crackers with Cheese and Tomato Squares Or Seasonal Fruit Puree	Spinach and Feta Scrolls with Vegetable Sticks Or Seasonal Fruit Puree
BEVERAGES	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LATE SNACK	An assortment of Rice Cakes, Wholemeal Cruskits, Vitaweats or sandwiches with assorted spreads (Vegemite, Jam, Cheese)				

WEEK 3: 6 WEEKS- 5 YEARS (Full Cream Milk provided for 0-2 Years – Light Milk provided for 3-5 years)



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Breakfast: (Choice of the following cereal) Weet Bix, Rice Bubbles, Cornflakes
Beverages: Milk or Water.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Wholemeal Toast with Baked Beans and Seasonal Fruit Platter Or Seasonal Fruit Puree	Vanilla Yoghurt with Fruit Salad Or Seasonal Fruit Puree	Raisin Toast with Seasonal Fruit Platter Or Seasonal Fruit Puree	Wholemeal Crumpets with Spread and Seasonal Fruit Platter Or Seasonal Fruit Puree	Wholemeal English Muffins with Cheese and Tomato with Seasonal Fruit Platter Or Seasonal Fruit Puree
BEVERAGES	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH	Macaroni and Cheese with Chicken and Mixed Vegetables	Nasi Gorang Noodles with Beef, Brocoli and Cauliflour	Beef and Sweet Potato Tagine with Cous Cous	Beef, Chickpeas and Mixed Vegetables with Brown Rice	Minestrone Soup
BEVERAGES	Water to be served with all Lunch meals				
VEGETARIAN OPT	Macaroni and Cheese with Lentils and Mixed Vegetables	Nasi Gorang Noodles with Brocoli and Cauliflour	Sweet Potato and Chickpea Tagine with Cous Cous	Chickpeas and Vegetables with Brown Rice	
AFTERNOON TEA	Wholemeal Rice Cakes with Sultanas, Cheese and Tomato Squares Or Seasonal Fruit Puree	Corn, Cheese and Chive Muffins with Vegetable Sticks Or Seasonal Fruit Puree	Homemade Dips with Capsicum, Tomato and Cucumber Sticks Or Seasonal Fruit Puree	Zuchinni Loaf with Vegetable Sticks Or Seasonal Fruit Puree	Apple and Sultana Muffins with Vegetable Sticks Or Seasonal Fruit Puree
BEVERAGES	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LATE SNACK	An assortment of Wholemeal Saladas, Rice Cakes, Cruskits, Vitaweats or sandwiches with assorted spreads (Vegemite, Jam, Cream Cheese)				

WEEK 4: 6 WEEKS- 5 YEARS (Full Cream Milk provided for 0-2 Years – Light Milk provided for 3-5 years)