



## Kids' Domain Early Learning Centre Menu Cycle 2

EK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit, Water Spag Cheese Bread Case	Fresh Fruit, Water Sultana Pinwheel Scone	Fresh Fruit, Water Yoghurt	Fresh Fruit, Water Apricot Scone	Fresh Fruit, Water Crackers and Marmite
Regular Lunch	Butter Chicken with Rice	Roast Vegetable & Chicken Couscous	Macaroni Cheese Broccoli	Ham Pizza and Rainbow Slaw	Beef Chilli Con Carne with Corn Chips and Sour Cream
Vegetarian Lunch	Vegetable Curry with Rice	Vegetable Couscous	Macaroni Cheese Broccoli	Vegetarian Pizza and Rainbow Slaw	Mild Chilli Bean Con Carne with Corn Chips and Sour Cream
Baby Puree	Beef, Vegetable, Apple	Chicken, Vegetable, Pear	Beef, Vegetable, Peach	Chicken, Vegetable, Pear	Beef, Vegetable, Apple
Afternoon Tea	Fresh Fruit Crackers and Marmite	Fresh Fruit Fairy Bread	Fresh Fruit Honey Rice Pop Slice	Fresh Fruit Crackers and Cheese	Fresh Fruit Weetbix Slice
WEEK 2					
Morning Tea	Fresh Fruit, Water Cheesy Mite Rollups	Fresh Fruit, Water Healthy Platter	Fresh Fruit, Water Yoghurt	Fresh Fruit, Water Cheese and Pear Kebabs	Fresh Fruit, Water Pita Bread Hummus Carrot Stick
Regular Lunch	Spaghetti Bolognaise Blanched Green Beans	Thick Vegetable Soup Cheese and Ham Toasties	Chicken and Vegetable Curry with Rice	Sausages with Potato Mash Green Peas	Bean Nachos Corn Chips with Sour Cream
Vegetarian Lunch	Spaghetti Basil Tomato Blanched Green Beans	Thick Vegetable Soup Cheese Toasties	Vegetable Curry with Rice	Vegetarian Rissoles with Potato Mash, Green Peas	Bean Nachos Corn Chips with Sour Cream
Baby Puree	Chicken, Vegetable, Peach	Beef, Vegetable, Apple	Chicken, Vegetable, Pear	Beef, Vegetable, Apple	Chicken, Vegetable, Pear
Afternoon Tea	Fresh Fruit Sour Cream Slice	Fresh Fruit Apple Slice	Fresh Fruit Shortbread	Fresh Fruit Carrot Muffin	Fresh Fruit Crackers and Cheese
WEEK 3					
Morning Tea	Fresh Fruit, Water Cheese Scones	Fresh Fruit, Water Yoghurt	Fresh Fruit, Water Healthy Platter	Fresh Fruit, Water Pikelets & Jam	Fresh Fruit, Water Raisin Toast
Regular Lunch	Fish & Chips with Cucumber and Red Capsicum Sticks	Sweet & Sour Chicken with Rice	Lunch Box: Ham/Cheese Sandwich, Yoghurt, Piece Fruit	Shepherd's Pie Green Peas	Ham Pizza with grated carrot and cucumber
Vegetarian Lunch	Vege Bite with Cucumber and Red Capsicum Sticks	Sweet & Sour Vegetables with Rice	Lunch Box: Salad Sandwich, Yoghurt, Piece Fruit	Roast Vegetable Pie Green Peas	Vegetarian Pizza with grated carrot and cucumber
Baby Puree	Beef, Vegetable, Apple	Chicken, Vegetable, Peach	Beef, Vegetable, Apple	Chicken, Vegetable, Pear	Beef, Vegetable, Apple
Afternoon Tea	Fresh Fruit Veggie Sticks, Dip, Crackers	Fresh Fruit Weetbix Slice	Fresh Fruit Carrot Muffin	Fresh Fruit Anzac Biscuit	Fresh Fruit Healthy Platter
WEEK 4					
Morning Tea	Fresh Fruit, Water Raisin Toast	Fresh Fruit, Water Corn & Cheese Roll Up	Fresh Fruit, Water Blueberry Muffin	Fresh Fruit, Water Crumpets and Jam	Fresh Fruit, Water Yoghurt
Regular Lunch	Chicken and Vegetable Stir Fry with Noodles	Beef Stroganoff with Pappardelle	Chicken and Vegetable Paella	Lunch Box: Ham/Cheese Sandwich, Yoghurt, Fruit	Chicken Fajita with sour cream Deconstructed Salad
Vegetarian Lunch	Vegetable Stir Fry with Noodles	Roast Vege Stroganoff with Pappardelle	Vegetable Paella	Lunch Box: Salad Sandwich, Yoghurt, Piece Fruit	Vegetarian Fajita with sour cream Deconstructed Salad
Baby Puree	Chicken, Vegetable, Pear	Beef, Vegetable, Apple	Chicken, Vegetable, Pear	Beef, Vegetable, Peach	Chicken, Vegetable, Pear
Afternoon Tea	Fresh Fruit Healthy Platter	Fresh Fruit Toasted French Stick Hummus	Fresh Fruit Cheese/Pineapple Kebab	Fresh Fruit Sultana Scone	Fresh Fruit Banana Roll-up