

# Yummy menu for hungry children.



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> (7am to 7:45am)	Assorted Cereals (with milk) and toast (with various spreads)	Assorted Cereals (with milk) and toast (with various spreads)	Assorted Cereals (with milk) and toast (with various spreads)	Assorted Cereals (with milk) and toast (with various spreads)	Assorted Cereals (with milk) and toast (with various spreads)
<b>Morning Tea</b> (water and milk served) (9:30am to 10am)	Fresh Assorted Seasonal Fruit, Carrot & Celery Sticks	Fresh Assorted Seasonal Fruit, Carrot & Celery Sticks	Fresh Assorted Seasonal Fruit, Carrot & Celery Sticks	Fresh Assorted Seasonal Fruit, Carrot & Celery Sticks	Fresh Assorted Seasonal Fruit, Carrot & Celery Sticks
<b>Lunch</b> (water served) (11:15am to 12pm)	Assorted Sandwiches wholemeal/multi-grain bread includes egg, chicken, tuna, salad, cheese & vegemite, grated carrot and cream cheese, corn beef etc:	Spaghetti Bolognese With Assorted vegetables	Beef Sausages with mash potato, peas, corn and carrots	Pumpkin, Carrot & mixed vegetable Risotto	Beef & Vegetable Pasta Bake with lettuce & beetroot
<b>Afternoon Tea</b> (water and milk served) (2:15PM to 3:00pm)	Carrot, Celery Sticks & French Onion Dip (with crackers)	Raisin Toast	Crispbread with assorted spreads	Anzac Cookies	Pikelets with assorted spreads
<b>Nursery</b>	Children in the Nursery are offered the same menu as the rest of the Centre, plus a variety of freshly prepared vegetables and fruits and Infants Cereals according to the childrens' preferences, (pumpkin, potato, sweet potato, zucchini, broccoli, carrots, apples, bananas, pears etc.) An outline of each nursery child's food for the day is in their communication book.				

Echidna ELC will meet 50% of daily nutritional needs while children are in our care. Echidna ELC is committed to promoting good dental habits with our "Swish and Swallow" program. Water is offered after & between meals for children to rinse their mouths and to drink. Children with specific dietary requirements (e.g Dairy Free, Gluten Free etc.) are individually catered for. Last reviewed September 2015.

