

# Dorset Early Learning & Kindergarten's

## Autumn Menu - Wk 3



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
<i>Cereal &amp; Toast - Weetbix &amp; Wholemeal Toast. Milk</i>				
<b>Morning Tea</b>				
<u>Fruit &amp; Cheese Platter</u> Variety Seasonal Fruits	<u>Fruit Salad Bowl</u> Variety Seasonal Fruits	<u>Fruit Platter</u> Variety Seasonal Fruits	<u>Fruit &amp; Cheese Platter</u> Variety Seasonal Fruits	<u>Fruit Platter with bread</u> Variety Seasonal Fruits
<b>Lunch</b>				
<u>Chicken Curry with Rice</u> -rice, onion, pumpkin, carrot, celery, zucchini, chicken, curry powder, tomatoes, sultanas, natural yoghurt <b>Babies</b> - puree veggies/main Milk & Fruit	<u>Spaghetti Bolognese</u> -Spaghetti, onion, carrot, celery, beef mince, tomatoes, basil, oregano, cheese, tomato paste, beef stock, garlic, zucchini <b>Babies</b> - puree veggies/main Milk & Fruit	<u>Tuna Mornay</u> -Tuna, pasta, onions, milk, margarine, flour, cheese, celery carrots, beans & corn <b>Babies</b> - puree veggies/main Milk & Fruit	<u>Zucchini Slice with Corn Cobs &amp; Veggies</u> -Onion, bacon, egg replacer, cheese, flour, oil, zucchini Served with corn cobs, peas and carrot <b>Babies</b> - puree veggies/main Milk & Fruit	<u>Meatloaf with Mash Potato</u> -Beef mince, carrot, zucchini, onion, breadcrumbs, mixed herbs, Worcestershire sauce, tomato sauce, egg replacer, potato, marg, milk, cauliflower, broccoli, carrots <b>Babies</b> - puree veggies/main Milk & Fruit
<b>Afternoon Tea</b>				
<u>Banana and sultana muffins</u> -wholemeal flour, coconut, quick oats, raw sugar, milk, banana, sultanas, marg, baking soda <b>Babies under 12mths-</b> yoghurt/fruit puree	<u>Rice Cakes</u> -Rice cakes with slice cheese and vegemite <b>Babies under 12mths-</b> yoghurt/fruit puree	<u>Blueberry Pikelets</u> -wholemeal SR Flour, white SR Flour, milk, egg replacement, blueberries <b>Babies under 12mths-</b> yoghurt/fruit puree	<u>Baked bean cups with solders</u> -baked beans with wholemeal bread solders <b>Babies under 12mths-</b>	<u>Veggie sticks with Cheese and bikkies</u> -carrots, cucumber, celery, cheese and rice crackers <b>Babies under 12mths-</b> yoghurt/fruit puree
<b>Late Snack</b>				
<i>Rice Crackers and Fruit Bowl</i>				

We Offer Water Throughout The Day For All Children - (Drink Tables/Baskets Placed in Each Room & Taken Outside)

We Cater For All Special Dietary Requirements - (Please See Director Regarding Special Requirements). Fruit selection is subject to change due to availability of fruit at time of purchasing. Morning tea and afternoon times will be provided at progressive times to help meet the children's needs. Substitute meals (sandwiches) will be provided for children not interested in the menu option)

# Dorset Early Learning & Kindergarten's

## Autumn Menu - wk 4



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>				
<u>Cereal &amp; Toast</u> - -Weetbix & Wholemeal Toast. Milk				
<b>Morning Tea</b>				
<u>Fruit and cheese platter</u> Variety Seasonal Fruits	<u>Fruit and cheese platter</u> Variety Seasonal Fruits	<u>Fruit Platter</u> Variety Seasonal Fruits	<u>Fruit Salad Bowl</u> Variety Seasonal Fruits	<u>Fruit Platter with bread</u> Variety Seasonal Fruits
<b>Lunch</b>				
<u>Thai Pumpkin Soup</u> --Pumpkin, onion, potatoes, garlic, Thai red curry vegie stock, coconut milk coriander, wholemeal bread <b>Babies</b> - puree veggies/main Milk & Fruit	<u>Chow Mein</u> -Beef mince, onion, garlic, cabbage, chicken stock, chicken noodle soup, curry powder, rice, carrots & beans <b>Babies</b> - puree veggies/main Milk & Fruit	<u>Soft Fish Tacos</u> -Crumbed white fish fillets, wraps, lettuce, tomato, cheese Served with corn cobs <b>Babies</b> - puree veggies/main Milk & Fruit	<u>Chilli Con Carne with rice and tortilla chips</u> -rice, onion, carrot, celery, red capsicum, chilli powder, cumin, beef mince, kidney beans, tomatoes, tortillas <b>Babies</b> - puree veggies/main Milk & Fruit	<u>Chicken Snitz with cheesy veggies &amp; mash potato</u> -Chicken snitz, cheese, milk, flour, marg, peas, carrot and broccoli, potato <b>Babies</b> - puree veggies/main Milk & Fruit
<b>Afternoon Tea</b>				
<u>Baked bean cups with solders</u> -baked beans with wholemeal bread solders <b>Babies under 12mths-</b> yoghurt/fruit puree	<u>Mixed Sandwiches</u> -with cream cheese and vegemite <b>Babies under 12mths-</b> yoghurt/fruit puree	<u>Apple, oat, chia and raspberry muffins</u> -wholemeal flour, coconut, quick oats, raw sugar, milk, marg, baking powder, apple, blueberries & chia seeds <b>Babies under 12mths-</b> yoghurt/fruit puree	<u>Yoghurt Cups with fruit salad</u> -vanilla yoghurt, blueberries, pear, peaches, apricots <b>Babies under 12mths-</b> yoghurt/fruit puree	<u>Rice Cakes</u> -Rice cakes with slice cheese and vegemite <b>Babies under 12mths-</b> yoghurt/fruit puree
<b>Late Snack</b>				
<u>Rice Crackers with Cheese and Fruit Bowl</u>				

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