

Dorset Early Learning & Kindergarten's Autumn Menu – WR 3



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

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 – WR 4



Pumpkin, onion, potatoes, garlic, cabbage, chicken stock, chicken stock, coconut milk coriander, wholemeal bread Babies - puree veggies/main Milk & Fruit Afternoon Tea -Beef mince, onion, garlic, cabbage, chicken stock, chicken snitz, cheese, milk, flour, marg, peas, carrot and beef mince, kidney beans, tomatoes, tortillas Babies - puree veggies/main Milk & Fruit Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Apple, oat, chia and Yoghurt Cups with fruit Rice Cakes									
Morning Tea	Monday	Tuesday	Wednesday	Thursday	Friday				
Morning Tea Fruit and cheese platter Variety Seasonal Fruits Lunch Lunch Chaw MeinPeef mince, onion, garlio, garlio, Thai Puntpkin, onion, potatees, wholemeal bread Babies - puree veggies/main Milk & Fruit Afternoon Tea Baked beans with wholemeal bread solders Babies under 12mths- yoghurt/fruit puree Morning Tea Fruit Platter Variety Seasonal Fruits Carbon Seasonal Fruits Variety Seasonal Fruits Chicken Snitz with cheesy Veggies & mash potato -chicken snitz, oheese, milk, carbon Tea Babies - puree veggies/main Milk & Fruit Afternoon Tea Baked beans with wholemeal bread solders Babies under 12mths- yoghurt/fruit puree Morning Tea Fruit Platter Variety Seasonal Fruits Variety Seasonal Fruits Chicken Snitz with cheesy Veggies & mash potato -chicken snitz, oheese, milk, cheese, milk, cheese, milk, served with corn cobs Babies - puree veggies/main Milk & Fruit Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Apple, ast. chia and vegemite Babies under 12mths- yoghurt/fruit puree Apple, ast. chia and vegemite Babies under 12mths- yoghurt/fruit puree Morning Tea Fruit Platter with bread Variety Seasonal Fruits Cunch Chunch Chilli Con Carne with rice and tortilla chips -rice, oxion, carrot, celerry, red carsicum, chilip powder, cumin, beef mince, kidney beans, tomatoes, tortillas Babies - puree veggies/main Milk & Fruit Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Apple, ast. chia and vegemite Babies under 12mths- yoghurt/fruit puree Apple, ast. chia and vegemite Babies under 12mths- yoghurt/fruit puree Babies under 12mths- yoghurt/fruit puree Babies under 12mths- yoghurt/fruit puree			Breakfast						
Fruit and cheese platter Variety Seasonal Fruits Lunch Lunch Chow Mein -Pumpkin, onion, potatoes, garlic, Thai red curry vegie stock, coconut milk coriander, wholemeal bread Babies - puree veggies/main Milk S Fruit Afternoon Tea Baked bean cups with solders -baked beans with wholemeal bread solders Babies under 12mths- yoghurt/fruit puree Fruit salad Bowl Variety Seasonal Fruits Variety Seasonal Fruits Variety Seasonal Fruits Variety Seasonal Fruits Variety Seasonal Fruits Variety Seasonal Fruits Variety Seasonal Fruits Variety Seasonal Fruits Variety Seasonal Fruits Variety Seasonal Fruits Variety Seasonal Fruits Variety Seasonal Fruits Lunch Chicken Striz with bread Variety Seasonal Fruits Cunch Chicken Striz with bread Variety Seasonal Fruits Cunch Chicken Striz with of easy vegais § mash potatoe -Crumbed white fish fillets, wraps, lettuce, tomato, cheese Served with core cobs Babies - puree veggies/main Milk § Fruit Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Apple, oat, chia and vegemite Babies under 12mths- yoghurt/fruit puree Apple, oat, chia aseads Babies under 12mths- yoghurt/fruit puree Babies under 12mths- yoghurt/fruit puree Apple, oat, chia seeds Babies under 12mths- yoghurt/fruit puree Babies under 12mths- yoghurt/fruit puree Apple, oat, chia aseads Babies under 12mths- yoghurt/fruit puree Apple, oat, chia aseads Babies under 12mths- yoghurt/fruit puree Apple, oat, chia aseads Babies under 12mths- yoghurt/fruit puree Apple, oat, chia aseads Babies under 12mths- yoghurt/fruit puree Apple, oat, chia aseads Babies under 12mths- yoghurt/fruit puree Babies under 12mths- yoghurt/fruit puree Babies under 12mths- yoghurt/fruit puree		<u>Cereal & Toast -</u> -Weetbix & Wholemeal Toast. Milk							
Variety Seasonal Fruits Lunch Thái Pumpkin, Soup -Pumpkin, onion, potatoes, gartie, Thair red curry vegie stock, coconut milk coriander, wholemeal bread Babies - puree veggies/main Milk & Fruit Afternoon Tea Baked bean cups with wholemeal bread bread solders -baked beans with wholemeal bread bread bread solders -baked beans with wholemeal bread bread bread solders -baked beans with wholemeal bread solders -baked beans with wholemeal bread bread bread bread bread solders -baked beans with wholemeal bread bread bread bread solders -baked beans with wholemeal bread bread bread bread solders -baked beans with wholemeal bread bread bread bread solders -baked beans with wholemeal bread b	Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea				
Lunch Thai Pumpkin SoupPumpkin, onion, potatoes, garlic, thai red curry vegie stock, coconut milk coriander, wholemeal bread Babies - puree veggies/main Milk 5 Fruit Afternoon Tea Baked bean cups with solders -baked beans with wholemeal bread soldersbaked beans with wholemeal bread soldersbaked beans with wholemeal bread soldersbaked beans milk grait Milk 9 Fruit Agenicsbaked beans with wholemeal bread bread soldersbaked beans milk grait Babies - puree veggies/mainbaked beans with wholemeal bread bread soldersbaked beans with wholemeal bread soldersbaked beans with wholemeal bread bread soldersbaked beans with wholemeal bread soldersbaked beans with wholemeal bread soldersbaked beans with wholemeal bread bread soldersbaked beans with wholemeal bread bread soldersbaked beans with wholemeal bread soldersbaked beans with wholemeal bread soldersbaked beans with wholemeal bread bread soldersbaked beans with wholemeal bread bread bread soldersbaked beans with wholemeal bread bread solders	Fruit and cheese platter	Fruit and cheese platter	<u>Fruít Platter</u>	<u>Fruit Salad Bowl</u>	Fruit Platter with bread				
Thai Pumpkin SoupPumpkin, onion, potatoes, garlic, Thai red curry vegie stock, coconut milk coriander, wholemeal bread Babies - puree veggies/main Milk & Fruit Afternoon Tea Baked bean cups with solders braked beans with wholemeal bread braked beans with wholemeal bread solders -baked beans with wholemeal bread yegemite Babies under 12mths- yoghurt/fruit puree Chow Mein -Beef mince, onion, garlic, cabbage, chicken stock, chicken noon, carrot, celery, red capsicum, chilli powder, cumin, beef mince, kidney beans, tonatoes, tonatoes, tonatoes, chilli powder, cumin, beef mince, kidney beans, tonatoes, chilli powder, cumin, beef mince, kidney beans, tonatoes, carrot and broccoli, plant of milk g Fruit Afternoon Tea Afternoon Tea Afternoon Tea Apple, oat, chia and raspbery muffins -with cream cheesy and vegemite Solders -with cream cheesy and notation, chilli powder, cumin, beef mince, kidney beans, tonatoes, chilli powder, cumin, beef mince, kidney beans, tonatoes, chilli powder, cumin, beans, tonatoe	Variety Seasonal Fruits	Variety Seasonal Fruits	Variety Seasonal Fruits	Variety Seasonal Fruits	Variety Seasonal Fruits				
-Pumpkin, onion, potatoes, garlic, cabbage, chicken stock, chicken stock, coconut milk coriander, wholemeal bread Babies - puree veggies/main Milk & Fruit Afternoon Tea Baked bean cups with solders -baked beans with wholemeal bread bread bread solders -baked beans with wholemeal bread bread beans with wholemeal bread solders -baked beans with wholemeal bread bread bread bread bread solders -baked beans with wholemeal bread bread bread bread solders -baked beans with wholemeal bread bread bread bread bread solders -baked bread bread bread bread bread bread bread bread solders -with cream cheese and vegemite -crumbed white fish fillets, wraps, lettuce, tomato, cheese served with corn cobs Babies - puree veggies/main Milk & Fruit Afternoon Tea Afternoon Tea Afternoon Tea Apple. oat, chia and raspberry muffins -wraps, lettuce, tomato, cheese Served with corn cobs Babies - puree veggies/main Milk & Fruit Afternoon Tea Afternoon Tea Afternoon Tea Apple. oat, chia and raspberry muffins -wraps, lettuce, tomato, cheese Served with corn cobs Babies - puree veggies/main Milk & Fruit Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Apple. oat, chia and raspberry muffins -wraps, lettuce, tomato, cheese Served with corn cobs Babies - puree veggies/main Milk & Fruit Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Apple. oat, chia and raspberry muffins -wraps, lettuce, tomato, cheese Served with corn cobs Babies - puree veggies/main Milk & Fruit Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Afternoon Tea Apple. oat, chia and raspberry muffins -wraps, lettuce, tomato, cheese Served with corn cobs Babies - puree veggies/main Milk & Fruit Babies - puree veggies/main Afternoon Tea Afternoon Tea Aftern	Lunch	Lunch	Lunch	Lunch	Lunch				
garlic, Thai red curry vegie stock, coconut milk coriander, wholemeal bread Babies – puree veggies/main Milk & Fruit Afternoon Tea Baked bean cups with bread solders -baked beans with wholemeal bread solders Babies under 12mths- yoghurt/fruit puree cabbage, chicken stock, chicken sock, chicken sock soconut fill powder, cumin, beef mince, kidney beans, tomatoes, tortillas Babies – puree veggies/main Milk & Fruit Afternoon Tea Afternoon Tea Afternoon Tea Apple, oat, chia and raspberry muffins -wholemeal flour, coconut, quick oats, raw sugar, milk, beef mince, kidney beans, tomatoes, tortillas Babies – puree veggies/main Milk & Fruit Afternoon Tea Afternoon Tea Afternoon Tea Apple, oat, chia and raspberry muffins -wholemeal flour, coconut, quick oats, raw sugar, milk, beef mince, kidney beans, tomatoes, tortillas Babies - puree veggies/main Milk & Fruit Afternoon Tea Af	1		· · · · · · · · · · · · · · · · · · ·		Chicken Snitz with cheesy				
Baked bean cups with solders -baked beans with wholemeal bread solders Babies under 12mths- yoghurt/fruit puree Babies under 12mths- yoghurt/fruit puree Mixed Sandwiches -with cream cheese and vegemite raspberry muffins -wholemeal flour, coconut, quick oats, raw sugar, milk, marg, baking powder, apple, blueberries & chia seeds Babies under 12mths- yoghurt/fruit puree Yoghurt Cups with fruit salad -vanilla yoghurt, blueberries, pear, peaches, apricots Babies under 12mths- yoghurt/fruit puree yoghurt/fruit puree Yoghurt Cups with fruit salad -vanilla yoghurt, blueberries, pear, peaches, apricots Babies under 12mths- yoghurt/fruit puree yoghurt/fruit puree	garlíc, Thaí red curry vegíe stock, coconut mílk coríander, wholemeal bread Babíes – puree veggíes/maín	cabbage, chícken stock, chícken noodle soup, curry powder, ríce, carrots & beans Babíes – puree veggíes/maín	wraps, lettuce, tomato, cheese Served with corn cobs Babies - puree veggies/main	-rice, onion, carrot, celery, red capsicum, chilli powder, cumin, beef mince, kidney beans, tomatoes, tortillas Babies – puree veggies/main	-Chicken snitz, cheese, milk, flour, marg, peas, carrot and broccoli, potato Babies - puree veggies/main				
-baked beans with wholemeal bread solders -babies under 12mths- yoghurt/fruit puree -with cream cheese and vegemite -wholemeal flour, coconut, quick oats, raw sugar, milk, blueberries g chia seeds Babies under 12mths- yoghurt/fruit puree -with cream cheese and vegemite -wholemeal flour, coconut, quick oats, raw sugar, milk, blueberries g chia seeds Babies under 12mths- yoghurt/fruit puree -Rice cakes with slice cheese and vegemite Babies under 12mths- yoghurt/fruit puree -Rice cakes with slice cheese and vegemite Babies under 12mths- yoghurt/fruit puree -Rice cakes with slice cheese and vegemite Babies under 12mths- yoghurt/fruit puree	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea				
Late Snack	solders -baked beans with wholemeal bread solders Babies under 12mths-	-with cream cheese and vegemite Babies under 12mths-	raspberry muffins -wholemeal flour, coconut, quick oats, raw sugar, milk, marg, baking powder, apple, blueberries & chia seeds Babies under 12mths-	<u>salad</u> -Vanílla yoghurt, blueberríes, pear, peaches, aprícots Babíes under 12mths –	-Rice cakes with slice cheese and vegemite Babies under 12mths-				
			Late Snack						
Rice Crackers with Cheese and Fruit Bowl									

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