



# TODDLER & PRESCHOOL MENU

AUTUMN/WINTER 2023 - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	A selection of cereal served with milk	Wholemeal soldiers with stewed rhubarb and apples	Mini apple pancakes served with fruit compote and milk	Banana, oat and blueberry bread with a side of fresh fruit	Garden scrambled eggs with wholemeal toast
<b>MORNING TEA</b>	Grilled ham, cheese and tomato on wholemeal toast served with veggie sticks  Purple power smoothie (blueberry, yoghurt)	Healthy banana splits – sliced banana topped with cacao coconut cream, shredded coconut, yoghurt, Orchard granola and berries	Wholemeal Toad in a Whole (a freshly baked cheese and corn muffin with a surprise chipatata in the centre)  Served with sliced oranges	French Toast soldiers with yoghurt and stewed Autumn fruit  Banana, mint and spinach smoothie	Wholemeal pinwheels will have a variety of filling such as cheese, sliced roast beef, grated carrot, cucumber  Served with fruit salad
<b>LUNCH</b>	Baked BBQ chicken, cauliflower and ricotta mac n cheese served with steamed peas and carrots and a Greek salad (tomato, cucumber, feta)	Beef and veggie curry with butternut pumpkin and slow cooked red lentils. Served with steamed carrots, green beans and basmati rice Toasted wholemeal pita	Crunchy parmesan chicken strips served with couscous, roasted root veggies and steamed greens Wholemeal garlic bread	Make your own nacho bowl – Mexican beef mince, brown rice, beans, chopped tomato, grated carrot, grated cheese and salsa. Served with wholemeal pita chips	House made panko and quinoa crumbed fish served with herb roasted potatoes, broccoli, and side salad
<b>AFTERNOON TEA</b>	Warm coconut rice pudding served with grilled pineapple  Fresh milk	Italian style pizza garlic toast served with a fresh fruit platter  Fresh milk	Warm apple and pear crumble with whipped vanilla ricotta  Fresh milk	Zucchini and cacao muffins served with cucumber and capsicum spears  Fresh milk	Mango and coconut energy balls served on a rainbow platter of veggies including cherry tomato, carrot sticks, capsicum and white bean avocado dip  Fresh milk
<b>LIGHT DINNER</b>	House made beef sausage roll served with vegetable crudité	Beef and bean taco served with cheese, lettuce and tomato in a crispy corn shell	Baked chicken and veggie roll ups	Falafel pita with hummus and salad	Wholemeal pizza with changing toppings (ham, pineapple, veggies, chicken, margarita)

Orchard ELC can accommodate a range of dietary alternatives including vegetarian, dairy, gluten and egg free. Alternative proteins sources can be provided. Diversity in fresh seasonal vegetable is always a priority. Menu may change based on seasonal availability. Beverages provided include milk and water.