



# NURSERY MENU - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Fresh seasonal fruit salad and natural yoghurt	Avocado, cheese and tomato toasties on whole meal bread and served with seasonal fresh fruit platter	Smashed avocado and spinach with English muffins	Mini banana muffins with seasonal fruit and Greek yoghurt	Weetbix topped with fruit salad and yoghurt
<b>MORNING TEA</b>	Steamed seasonal vegetable sticks served with an Orchard dip and fresh seasonal fruit	Freshly baked banana bread with cheese slices and wholegrain crackers	Freshly baked oat slice served with vegetable crudities and an Orchard dip	Quinoa and oat biscuit served with fresh seasonal fruit	Freshly baked zucchini and berry bread
<b>LUNCH</b>	Seasonal vegetable, beef and flat rice noodle stir-fry	Lamb with roast potatoes, parsnips and carrots	Baked chicken and leek pie served with peas and topped with white bean and potato mash	Margherita pizza served with a side of steamed greens	Shepherd's Pie with smooth mashed potato and peas
<b>AFTERNOON TEA</b>	A selection of homemade scrolls including cinnamon, cheese, vegemite, pizza and dairy free options. Served with fresh seasonal fruit Fresh Milk	Freshly baked corn and cheese muffins served with fresh fruit Fresh Milk	Coconut and chia muffins served with fresh apple and banana Fresh Milk	Freshly baked pear and raspberry loaf  Fresh Milk	Roasted sweet potato and carrot sticks and fresh fruit  Fresh Milk
<b>DINNER</b>	Fresh chicken chipolata sausages from our local butcher in a wholemeal roll Served with vegetable crudité	Cheese quesadillas with fresh homemade guacamole	Freshly made lamb kofta wraps with homemade yoghurt dipping sauce	Orchard beef slider	Crispy chicken lettuce cups

OrchardELC can accommodate a range of dietary alternatives including vegetarian, dairy, gluten and egg free. Alternative proteins sources can be provided as follows: beef, lamb, chicken and fish, legume proteins, chickpeas, lentils and beans. Diversity in fresh seasonal vegetable is always a priority. Menu may change based on seasonal availability. Beverages provided include milk and water.

# NURSERY MENU WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Warm coconut oat porridge with wholemeal toast and breakfast spreads	Homemade granola with seasonal fruit and yoghurt	Mini blueberry and apple muffins served with fresh fruit	Chia seed mini pancakes with a fruit coulis and fresh seasonal fruit	Breakfast smoothie with Greek yoghurt and fruit salad
<b>MORNING TEA</b>	<p>Mini blueberry wholemeal muffins</p> <p>Natural Greek yoghurt with Seasonal Fruit Puree</p>	Mango & coconut probiotic smoothie with a selection of steamed vegetables with wholemeal pikelets	Apple crumble served with creamy vanilla yoghurt	Home-style crumpets toasted and served with apricot jam	Freshly baked corn and cheese muffins with lightly steamed vegetables
<b>LUNCH</b>	Moroccan style chicken served with vegetables and cous cous	Vegetable packed beef bolognese served with wholemeal pasta and a broccoli puree	<p>Chicken chipolata sausages with green peas, white bean, parsnip and potato mash</p> <p>Vegetarian sausages with green peas, white bean, parsnip and potato mash</p>	<p>Chicken and cheese quesadilla served with avocado salsa and side salad</p> <p>Vegetarian quesadilla served with Black bean and sweet corn salsa</p>	<p>Pizza topped with Mediterranean roasted vegetables</p> <p>Dairy free wholemeal pizza rolls with steamed green vegetables</p>
<b>AFTERNOON TEA</b>	<p>Freshly baked pear and raspberry bread served with a platter of fresh seasonal fruit</p> <p>With fresh milk</p>	<p>Chocolate and zucchini muffins topped with pepitas</p> <p>With fresh milk</p>	<p>Banana and coconut bread</p> <p>With fresh milk</p>	<p>Mini carrot muffins with fresh seasonal fruit</p> <p>With fresh milk</p>	<p>Toasted English muffins with cream cheese and vegemite served with a side of seasonal fresh fruit</p> <p>With fresh milk</p>
<b>DINNER</b>	Fresh chicken chipolata sausages from our local butcher on a wholemeal roll Served with vegetable crudité	Cheese quesadilla with fresh homemade guacamole	Lamb kofta wraps with freshly made yoghurt dipping sauce	Orchard beef slider	Crispy chicken lettuce cups

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# NURSERY MENU - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Wholemeal toast solders with stewed rhubarb & apples	Toasted cheese on English muffin with sliced apples	Mini apple pancakes served with fruit compote	Banana, oat and blueberry bread served with Fresh fruit platter	Oat porridge served with apple and sultana and wholemeal toast
<b>MORNING TEA</b>	Toasted crumpets with whipped cream cheese. And fresh seasonal fruit	Cheese and crackers with crudités of seasonal vegetables and an Orchard dip	Cauliflower and cheese muffins served with vegetable crudité and an Orchard dip	Date and cinnamon muffins	Freshly baked upside down pineapple cake Served with vegetable crudité
<b>LUNCH</b>	Roasted potato bake with grated carrot, freshly poached shredded chicken topped with grilled cheese	Butter chicken with brown rice, vegetables	Crunchy parmesan chicken strips in lettuce cups served with a mezze of condiments and handmade roasted sweet potatoes	Mexican mince and brown rice, black beans, avocado, chopped tomato, cheese and salsa	House made panko crumbed fish served with herb roasted potatoes
<b>AFTERNOON TEA</b>	Apple, date and cinnamon muffins served with fresh fruit Fresh milk	Carrot muffins served with fresh fruit  Fresh milk	Toasted wholemeal cheese and spinach squares with fresh fruit  Fresh milk	Zucchini and chocolate muffins served with fresh fruit  Fresh milk	Oat and sultana biscuits with fresh fruit  Fresh milk
<b>DINNER</b>	Chicken chipolata sausages from our local butcher on a wholemeal roll served with vegetable crudité	Cheese quesadilla served with fresh homemade guacamole	Lamb kofta wrap with homemade yoghurt dipping sauce	Orchard beef slider	Crispy chicken lettuce cups

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# NURSERY MENU - WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	The Orchard house-blend maple granola made with dried fruit, yoghurt	Toasted wholemeal spinach and cheese squares	Warm quinoa and oat porridge served with grated apple and wholemeal toast	Freshly baked cheese and chive savoury wholemeal muffins with seasonal fruit	Buttermilk pancakes with berry compote
<b>MORNING TEA</b>	Wholemeal ham and cheese toasties with fresh fruit	Carrot muffins served with a seasonal fruit platter	Cheese and multigrain linseed crackers served with seasonal vegetable crudities and an Orchard dip	Apple and cinnamon pikelets	Cheese and spinach quesadilla with carrot sticks, hummus and seasonal fruit
<b>LUNCH</b>	Tuna mornay pasta with seasonal side salad	Pumpkin mac & cheese served with steamed greens	Free range chicken chow mein with egg noodles	Beef stroganoff with brown rice	Poached chicken rainbow vegetable wraps served with roasted potato wedges
<b>AFTERNOON TEA</b>	Rice pudding with cinnamon and vanilla served with seasonal fruit  Fresh milk	Sultana, cheese and sliced pear or apple pot with wholegrain linseed crackers  Fresh milk	House made Anzac biscuit slice with fresh fruit  Fresh milk	Cauliflower and parmesan bites served with a platter of fresh and dried fruits.  Fresh milk	Pumpkin and chickpea patties with yoghurt and cucumber dipping sauce served with pita and hummus  Fresh milk
<b>DINNER</b>	Fresh chicken chipolata sausages from our local butcher on a wholemeal roll served with vegetable crudité	Cheese quesadilla served with fresh homemade guacamole	Lamb kofta wraps with fresh yoghurt dipping sauce	Orchard beef slider	Crispy chicken lettuce cups

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