



# TODDLER & PRE-SCHOOL MENU - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Fresh seasonal fruit salad and natural yoghurt	Avocado, cheese and tomato toasties on wholemeal bread and served with seasonal fresh fruit platter	Scrambled eggs, spinach and smashed avocado with English muffins	Mini banana muffins with seasonal fruit and Greek yoghurt	Weetbix topped with fruit salad and yoghurt
<b>MORNING TEA</b>	A selection of crunchy vegetable sticks with an orchard dip  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  Berry smoothie	Quinoa and oat biscuit  Banana, cinnamon and vanilla smoothie made with coconut or oat milk	Freshly baked zucchini and berry bread  Mango and coconut probiotic smoothie
<b>LUNCH</b>	Seasonal vegetable, beef and flat rice noodle stir fry	Roasted lamb with roasted potatoes and root vegetables	Baked chicken and leek pie served with peas and a white bean and potato mash	Margherita pizza served with a fresh green salad	Build your own - home-style beef hamburger served with a selection of tomato, lettuce, cheese and condiments
<b>AFTERNOON TEA</b>	A selection of homemade scrolls including cinnamon, cheese, vegemite, pizza with 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 apple slinkies and banana  Fresh Milk	Freshly baked pear and raspberry loaf  Fresh Milk	Warm corn on the cob Fresh seasonal fruits with tasty cheese cubes  Fresh Milk
<b>DINNER</b>	Fresh chicken chipolata sausages from our local butcher in a wholemeal roll Served with vegetable crudite	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, legumes, 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.



# TODDLER & PRE-SCHOOL MENU WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Warm coconut oat porridge with stewed apples with wholemeal toast and breakfast spreads	Scrambled eggs with wholemeal toast and a mezze of avocado, tomato, cucumber and capsicum	Mini blueberry and apple muffins served with fresh selection of fruit	Chia seed mini pancakes with a fruit coulis and fresh fruit	Breakfast smoothie with Greek yoghurt and fruit salad
<b>MORNING TEA</b>	Mini blueberry wholemeal muffins  Natural Greek yoghurt with seasonal fruit platter	<b>Wholemeal pikelets served with vegetable crudité and a mango probiotic smoothie</b>	Warm apple crumble served with creamy yoghurt	Home-style crumpets toasted and served with apricot jam served with vegetable crudité  Banana smoothie	Freshly baked cheese corn muffins with a selection of crunchy vegetable crudité
<b>LUNCH</b>	Moroccan style chicken served with vegetables and cous cous	Vegetable packed beef bolognese served with wholemeal pasta and a green salad	Chicken chipolata sausages on a mini wholemeal hot dog bun. Served with a mezze of condiments and vegetable crudité	Chicken and cheese quesadilla served with avocado salsa and side salad	Oven baked pizza topped with roasted Mediterranean vegetables and mozzarella cheese.
<b>AFTERNOON TEA</b>	Freshly baked pear and raspberry bread served with a platter of fresh seasonal fruit With fresh milk	Chocolate and zucchini muffins with pepitas With fresh milk	Freshly baked banana bread with coconut With fresh milk	Freshly baked carrot muffins served with seasonal fresh fruit With fresh milk	Toasted English muffins served with cream cheese and vegemite with side of seasonal fruit With fresh milk
<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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# TODDLER & PRE-SCHOOL MENU - WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	French toast soldiers with stewed rhubarb and apples	Toasted cheese English muffins with yoghurt and sliced apple	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>	Toasted crumpets with whipped cream cheese and fresh seasonal fruit Purple power smoothie (blueberry, yoghurt)	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 Banana, mint and spinach smoothie	Freshly baked upside down pineapple cake served with vegetable crudité
<b>LUNCH</b>	Stuffed baked potatoes with a selection of grated cheese, shredded free range chicken, finely chopped carrots and served with garden salad	Butter chicken with brown rice, vegetables	Crunchy parmesan chicken strips in lettuce cups served with a mezze of condiments and roasted sweet potatoes	Make your own burrito – Mexican mince, brown rice, black beans, avocado, chopped tomato, cheese and salsa	House made panko crumbed fish served with herb roasted potato
<b>AFTERNOON TEA</b>	Apple, date and cinnamon muffins served with fresh fruit  Fresh milk	Carrot muffins 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 Chicken	Lamb kofta wrap with homemade yoghurt dipping sauce	Orchard beef slider	Crispy chicken lettuce cups

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# TODDLER & PRE-SCHOOL MENU - WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	The Orchard house-blend maple granola with dried fruit and yoghurt	Bacon and egg cups with spinach and cherry tomato	Garden scramble on 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 fresh seasonal fruit  Coconut, Banana probiotic smoothie	Cheese and multigrain linseed crackers served with seasonal vegetable crudities and an Orchard dip  Mango smoothie	Apple and cinnamon pikelets  Banana, mint and spinach smoothie	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>	Zucchini slice served with fresh fruit  Fresh milk	Cacao and coconut bliss balls served with cheese and fresh seasonal fruit  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 quesadillas served with fresh homemade guacamole	Lamb kofta wrap with fresh yoghurt dipping sauce	Orchard beef slider	Crispy chicken lettuce cups

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