

# NURSERY MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Fresh seasonal fruit salad and natural yoghurt	Cheese and tomato toasties on whole meal bread and served with seasonal fresh fruit platter	Grilled cheese and spinach on wholemeal toast	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 a housemade 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>LIGHT DINNER</b>	Fresh chicken chipolata sausages from our local butcher in a wholemeal roll Served with vegetable crudite	Cheese and vegetable quesadillas with fresh fruit	Freshly made chicken kofta wraps with cucumber spears	Orchard beef slider with salad greens	Crispy chicken lettuce cups with roasted potato wedges

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.