

# TODDLER & PRE-SCHOOL MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Fresh seasonal fruit salad and natural yoghurt	Cheese and tomato toasties on wholemeal bread and served with seasonal fresh fruit platter	Scrambled eggs, spinach on wholemeal toast	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 a housemade 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	Corned beef 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>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, 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.