ORCHARD EARLY LEARNING

# Menu

## AUTUMN/WINTER TODDLER AND PRESCHOOL - WEEK 1

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|
| **Breakfast** | Raisin toast with a selection of wholegrain cereals, yoghurt and seasonal fruit | Oat and Chia porridge served with stewed fruit and yoghurt | Toasted wholemeal crumpets served with house-made berry chia jam, seasonal fruit and yoghurt | Cheese on toast served with sliced fruit, Orchard granola and yoghurt | Orchard housemade Granola served with orange wedges and berry swirled yoghurt |
| **Morning Tea** | Spinach and corn pikelets with fresh fruit platter<br><br>Orchard smoothie | Sweet potato cacao bliss balls served with sliced fruit, rice crackers and a seasonal Orchard dip<br><br>Orchard Smoothie | Banana wholemeal pancakes served with warm fruit compote and yoghurt.<br><br>Orchard Smoothie | House-made baked beans topped with tasty cheese. Served with wholemeal pita chips and sliced fruit<br><br>Orchard Smoothie | Rainbow Fruit Fondue – Sliced red and green apples, sliced banana, rice crackers, carrot and cucumber sticks with a whipped ricotta dip<br><br>Orchard Smoothie |
| **Lunch** | Lamb cottage pie topped with a creamy potato and white bean mash. Served with peas with a side of cucumber and carrot spears<br><br>Served with wholemeal roll | Grilled free range chicken chipolatas with classic cauliflower cheese macaroni and steamed greens<br><br>Wholemeal bread roll | Bean, beef and rice burritos served with grated carrot, capsicum and cheese.<br><br>Served with a tomato salsa and avocado guacamole. | Chicken and chickpea curry served with coconut basmati/cauliflower rice and steamed seasonal greens.<br><br>Served with wholemeal pita | Beef and vegetable stir fry with rice noodles. Included in the stir fry is bok choy, snow peas, red capsicum and carrots |
| **Afternoon Tea** | Corn relish dip with a selection of veggie spears (carrot, capsicum, snap peas, cucumber) served with cheese cubes and wholemeal Turkish bread<br><br>Fresh Milk | Housemade rosemary, feta and tomato focaccia served with sliced oranges and seasonal fresh fruit<br><br>Fresh Milk | Rice & Corn cakes with a selection of toppings (hummus, sliced tomato, avocado, tasty cheese, grated carrot, cucumber)<br><br>Fresh Milk | Cauliflower popcorn served with veggie sticks and Orchard dipping sauce<br><br>Fresh Milk | Cacao and black bean brownie served with fresh berries<br><br>Fresh Milk |
| **Light Dinner** | Baked Chicken and veggie roll ups | Broccoli Cheese Pasta Bake | House made beef or lamb sausage rolls | Cheese, bean and vegetable quesadilla served with fresh fruit | Wholemeal pizza with tomato, mozzarella and seasonal toppings |

*Orchard ELC can accommodate a range of dietary alternatives including vegetarian, dairy, gluten and egg free. Alternative protein sources can be provided. Diversity in fresh seasonal vegetables is always a priority. The menu may change based on seasonal availability. Beverages provided include full cream and light milk and water. Reviewed: 08/04/2025*