



North Wyong
Early Learning Centre

MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Breakfast Cereals	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal	Breakfast Cereal
MORNING TEA	Fresh Fruit & Raisin Toast	Fresh Fruit Wholemeal toast <u>w</u> Jam	English Muffin <u>w</u> Grilled Cheese muffins	Fresh Fruit with wholemeal Cinnamon Toast	Fresh Fruit with Banana Bread
DRINK	Milk/Water	Milk / Water	Milk / Water	Milk / Water	Milk/water
LUNCH	Vegetable creamy pasta, spinach, zucchini, carrot, cauliflower	Beef, Spinach, Feta, Mushroom, zucchini Gozleme served with Fresh Salad	Tuna Mornay, wholemeal pasta, spinach, carrot, broccoli	Cottage pie, cauliflower, carrot, beans, zucchini	Corned meat, baked potato, tomoato, cheese, carrot, cucumber
BABIES	Puree Pumpkin, Broccoli & Carrot	Puree Cauliflower & Sweet Potato	Puree Potato, Spinach & Corn	Puree Broccoli & Carrot	Puree Cauliflower & Pumpkin
DESSERT	Panacotta	Vanilla Yoghurt	Creamy Rice	Custard	Apple Crumble & Ice Cream
DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	Savoury scrolls	Apricot muesli slice	Dried fruit and Raisin bread	Cheese and rice crackers	Apple and Banana muffins
DRINK	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
LATE SNACK	Fruit-Arrowroots	Fruit-Arrowroots	Fruit- Arrowroots	Fruit-Arrowroots	Fruit-Arrowroots