

**NAREMBURN EARLY LEARNING CENTRE - MENU - WEEK 1**  
Breakfast is served from 7.00am to 8.00am 5 days a week: Cereal and Milk

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING TEA</b>	Water	Water	Water	Water	Water
	Organic Yoghurt	Organic Milk	Organic Yoghurt	Organic Milk	Organic Yoghurt
	Fresh Fruit Plater	Fresh Fruit Plater	Fresh Fruit Plater	Fresh Fruit Plater	Organic Fruit Plater
	Whole Wheat English Muffin with jam	Grilled cheese on wholemeal toasted bread	Wholemeal toast with vegemite	Wholemeal toast with avocado and cheese	Homemade Banana Bread with butter
<b>LUNCH</b>	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato
	Beef Stroganoff with mixed Vegetables (Pumpkin, green beans) and Brown Rice	Chicken Pasta Baked with Spinach, Carrot and cheese	Meatloaf with Green Beans and mashed potato	Vegetable mixed (capsicum, kale, sweet potato) with Black Beans and Tofu	Spaghetti Bolognese with Broccolis and carrot
<b>AFTERNOON TEA</b>	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks
	Pikelet with ricotta spread	Rice cakes and toppings (cream cheese, sliced tomatoes, celery)	Carrot Muffin	Homemade Muffin	Small (100ml) fruit smoothie wholegrain crackers with butterbean dip
	Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk
<b>LATE SNACK</b>	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit

**NAREMBURN EARLY LEARNING CENTRE - MENU - WEEK 2**  
**Breakfast** is served from 7.00am to 8.00am 5 days a week: Cereal and Milk

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING TEA</b>	Water	Water	Water	Water	Water
	Organic Yoghurt	Organic Milk	Organic Milk	Organic Yoghurt	Organic Milk
	Fresh Fruit Plater	Fresh Fruit Plater	Fresh Fruit Plater	Fresh Fruit Plater	Fresh Fruit Plater
	Wholemeal toast with vegemite and cream cheese	Cheese snails	Homemade Cereal Bar	Wholemeal toasted fingers with vegemite	Cheese Bread
<b>LUNCH</b>	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato
	Beef Chow Mein (noodles with beef mince and carrots and peas)	Brown Rice Chicken Risotto with zucchini, carrot and capsicum	Wholemeal Penne with meatballs in Neapolitan sauce and Green Beans	Baked Tuna with Mixed Vegetables pie	Beef and Vegetable Casserole with Brown Rice
<b>AFTERNOON TEA</b>	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks
	Rice cakes with butter and vegemite	Vita wheats with cheese and dried fruit pieces	Crisp bread with vegemite and cheese	Assorted sandwiches	Crackers with cream cheese and sultanas
	Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk
<b>LATE SNACK</b>	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit

**NAREMBURN EARLY LEARNING CENTRE - MENU - WEEK 3**  
**Breakfast** is served from 7.00am to 8.00am 5 days a week: Cereal and Milk

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING TEA</b>	Water	Water	Water	Water	Water
	Organic Milk	Organic Yoghurt	Organic Milk	Organic Yoghurt	Organic Milk
	Fresh Fruit Plater	Fresh Fruit Plater	Fresh Fruit Plater	Fresh Fruit Plater	Fresh Fruit Plater
	Vegemite and cheese rolls	Fruit Muffin with butter	Apple Cake	Spelt and Oat Anzac biscuits	Golden Crumpets with Spreads
<b>LUNCH</b>	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato
	Wholemeal Spiral Pasta Chicken Bolognese with Green beans and pumpkin	Cheese Cauliflower Casserole with lentils and Tofu	Slow cooked beef with carrot and potato, and Brown Rice	Baked Chicken with Cream Corn and Spinach	Beef Lasagne with Zucchini and Broccolis
<b>AFTERNOON TEA</b>	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks
	Pita Bread with Yogurt Dip and Dried Fruit	Homemade Picnic Loaf	Rice Cakes with spreads and cheese cubes	Cruskits cream cheese e sultanas Scrolls	Fruit Bread, Cheese sticks Dried Fruit
	Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk
<b>LATE SNACK</b>	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit

**NAREMBURN EARLY LEARNING CENTRE - MENU - WEEK 4**  
**Breakfast** is served from 7.00am to 8.00am 5 days a week: Cereal and Milk

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING TEA</b>	Water	Water	Water	Water	Water
	Organic Milk	Organic Yoghurt	Organic Milk	Organic Yoghurt	Organic Milk
	Fresh Fruit Plater	Fresh Fruit Plater	Fresh Fruit Plater	Fresh Fruit Plater	Fresh Fruit Plater
	Rice Cakes with assorted Spreads	Assorted Wholemeal Sandwiches	Assorted Wholemeal Crackers with cheese	Wholemeal Pitta Bread with Cheese and Tomato	Buttered Raising Bread
<b>LUNCH</b>	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato	Fresh Salad with tomato
	Mexican Beef and Black Beans with Brown Rice and guacamole	Chicken cooked with chickpea and sweet potato, with Brown rice	Meatballs with Rotini Wholemeal Pasta with Carrot and Kale	Turkey, Spinach and Quinoa Casserole	Beef Mince Lentil and Cauliflower Rice with Pumpkin and Peas
<b>AFTERNOON TEA</b>	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks	Fresh Vegetable sticks
	Banana Pancakes	Omelette Muffin with fetta and Tuna	Carrot Cake	Dried Fruit Muffin	Apple Puffs
	Organic Milk	Organic Milk	Organic Milk	Organic Milk	Organic Milk
<b>LATE SNACK</b>	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit	Choose from crackers, sandwiches, toast, dried fruit, vegetable sticks and fruit

