



# MAITLAND KIDS

## PRESCHOOL & EARLY LEARNING CENTRE

Breakfast is available from 7am until 8am every day.

Toast with vegemite spread, raisin toast or Weetbix and choice of water and milk

<b>WEEK1</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b> Milk & Water Served	<b>Rainbow Platter</b> Apple Rockmelon Sultanas Cucumber/ Carrot sticks Rice Crackers	<b>Fruit &amp; Veg Platter</b> Oranges Apples Dried Apricots Sultanas Cucumber Capsicum W/M flat bread	<b>Rainbow Platter</b> Capsicum Cucumber Watermelon Apple Cheese Sultanas Rice Crackers	<b>Fresh Snack Platter</b> Watermelon Rockmelon Tomato Cheese w/m flat bread Sultanas	<b>Rainbow Platter</b> Apple Rockmelon Apricot Sultanas Red Capsicum Sticks Rice Crackers
<b>Lunch</b> Water Served	<b>Bolognaise with Spiral Pasta</b> Mince beef Garlic Lentils Zucchini Mushroom Carrot Onion Crushed Tomatoes Tomato Paste Oregano Pasta Spirals	<b>Chicken &amp; Veg Stir Fry with Rice</b> Chicken Mince, Soy Sauce, Garlic, Ginger, Carrot, Capsicum, Broccoli, Zucchini, Onion Basmati Rice	<b>Beef &amp; Vegetable Lasagne served with a Garden Salad</b> Mince Beef, Lentils Eggplant, Carrot Zucchini, Onion Garlic, Cheese, oregano, w/m tortillas Diced Tomato Greek Yoghurt Iceberg Lettuce, Tomato, Cucumber, Shredded Carrot	<b>Chicken &amp; Veg Pizza</b> W/M Pizza base Tomato paste Chicken mince Pineapple Capsicum Corn Mushroom Cheese Served with carrot and cucumber sticks	<b>Beef Tacos</b> Beef Mince Carrot Red Capsicum Corn Onion Mexican Seasoning Diced Tomato Garlic Tomato paste Whole meal Tortillas Lettuce Tomato Cheese
<b>Afternoon Tea</b> Milk & Water Served	<b>Sandwiches Served w/ veg plate</b> Whole meal bread Vegemite, cheese, Honey, Jam Cucumber Carrot Tomatoes	<b>Sandwiches Served w/ veg plate</b> Whole meal bread Vegemite, cheese, Honey, Jam Cucumber Carrot Tomatoes	<b>Sandwiches Served w/ veg plate</b> Whole meal bread Vegemite, cheese, Honey, Jam Cucumber Carrot Tomatoes	<b>Sandwiches Served w/ veg plate</b> Whole meal bread Vegemite, cheese, Honey, Jam Cucumber Carrot Tomatoes	<b>Sandwiches Served w/ veg plate</b> Whole meal bread Vegemite, cheese, Honey, Jam Cucumber Carrot Tomatoes

A Late Snack of fresh fruit will be served in the afternoon around 5pm.

On some occasions alternatives may be served, for example, on hot days frozen fruit or fruit ice blocks may be offered.

Water is provided at all mealtimes, as well as made available at all times throughout the day.

Children are welcome to bring in their own drink bottles for water, please make sure they are clearly labelled.





# MAITLAND KIDS

## PRESCHOOL & EARLY LEARNING CENTRE

Breakfast is available from 7am until 8am every day.

Toast with vegemite spread, raisin toast or Weetbix and choice of water and milk

<b>WEEK2</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b> Milk & Water Served	<b>Rainbow Platter</b> Apple Rockmelon Sultanas Cucumber/ Carrot sticks Rice Crackers	<b>Fruit &amp; Veg Platter</b> Oranges Apples Dried Apricots Sultanas Cucumber Capsicum W/M Flat bread	<b>Rainbow Platter</b> Capsicum Cucumber Watermelon Apple Cheese Sultanas Rice Crackers	<b>Fresh Snack Platter</b> Watermelon Rockmelon Tomato Cheese w/m flat bread Sultanas	<b>Rainbow Platter</b> Apple Rockmelon Apricot Sultanas Red Capsicum Sticks Rice Crackers
<b>Lunch</b> Water Served	<b>Chicken Wraps</b> Whole meal wraps Tomato Beetroot Cheese Iceberg Lettuce Baby spinach chicken breast mayonnaise	<b>Beef Stir Fry with Noodles</b> Beef Strips Green Beans Broccoli Carrot Onion Red Capsicum Soy Sauce Ginger Garlic Rice Noodles	<b>Meatloaf served w/ Broccoli, Cauliflower &amp; Corn Cobs</b> Mince beef Garlic Zucchini Carrot Onion Egg Broccoli Cauliflower Corn	<b>Vegetable Slice Served w/ Citrus Salad</b> Zucchini Eggs milk Cheese Corn Capsicum Self-raising flour Oranges Baby Spinach Cucumber Cheese	<b>Savory Mince &amp; Pasta</b> Mince beef Garlic, Lentils Peas, Corn, Zucchini Carrot, Onion Penne Pasta
<b>Afternoon Tea</b> Milk & Water Served	<b>Sandwiches Served w/ veg plate</b> Whole meal bread Vegemite, cheese, Honey, Jam Cucumber Carrot Tomatoes	<b>Sandwiches Served w/ veg plate</b> Whole meal bread Vegemite, cheese, Honey, Jam Cucumber Carrot Tomatoes	<b>Sandwiches Served w/ veg plate</b> Whole meal bread Vegemite, cheese, Honey, Jam Cucumber Carrot Tomatoes	<b>Sandwiches Served w/ veg plate</b> Whole meal bread Vegemite, cheese, Honey, Jam Cucumber Carrot Tomatoes	<b>Sandwiches Served w/ veg plate</b> Whole meal bread Vegemite, cheese, Honey, Jam Cucumber Carrot Tomatoes

A Late Snack of fresh fruit will be served in the afternoon around 5pm.

On some occasions alternatives may be served, for example, on hot days frozen fruit or fruit ice blocks may be offered.

Water is provided at all mealtimes, as well as made available at all times throughout the day.

Children are welcome to bring in their own drink bottles for water, please make sure they are clearly labelled.

