



LITTLE ACADEMY EARLY LEARNING CENTRE MENU

WEEK A

served JULY -SEPTEMBER

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served before 8.00am	Variety cereal Milk Fruit	Variety cereal Milk Fruit	Variety cereal Milk Fruit	Variety cereal Milk Fruit	Variety cereal Milk Fruit
Morning Tea served with milk/water	Rice crackers with cheese Seasonal fruit	Variety cereal (rice bubbles, cheerios, corn flakes, weet bix) Seasonal fruit	Mini toast with Philadelphia cheese Seasonal fruit	Raisin toast Seasonal fruit	Corn thins with cheese spread Seasonal fruit
Lunch served with water	Lentil spaghetti with capsicum, carrots, celery and zucchini	Lamb casserole with potatoes, peas, carrots and pumpkin	Butter chicken with cauliflower and basmati rice	Variety sandwiches incl ham, cheese, baked beans, egg, cucumber, tomato	Beef mince and beans Mexican style with rice carrot, cucumber, cherry tomato
Vegetarian Lunch served with water	As above	Vegetable casserole with potatoes, lentils, peas, carrots, pumpkin	Vegetable rice with peas, corn, carrot, broccoli	As above	Mexican beans with rice carrot, cucumber, cherry tomato
Afternoon Tea served with milk/water	Sao's with jam or cheese dried fruit	Vanilla yoghurt water cracker	Wholemeal cheese sandwiches	Banana and raspberry bread	Rye cruskits with spread (jam or cheese) sultanas
Late Afternoon Snack served with water	cracker	cracker	cracker	cracker	cracker

Water is available to the children throughout the day and is served at all meals



LITTLE ACADEMY EARLY LEARNING CENTRE MENU

WEEK B

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served before 8.00am	Variety cereal Milk Fruit	Variety cereal Milk Fruit	Variety cereal Milk Fruit	Variety cereal Milk Fruit	Variety cereal Milk Fruit
Morning Tea served with milk/water	Corn thins with cheese spread Seasonal fruit	Raisin toast Seasonal fruit	Wholegrain crackers with cheese Seasonal fruit	Wholemeal toast with baked beans Seasonal fruit	Multigrain cheese toasties Seasonal fruit
Lunch served with water	Zucchini slice corn on cob, Baked beans, wholemeal bread	Beef spaghetti with mushrooms, celery, capsicum	Curry chicken with mixed vegetables rice	Beef macaroni pasta with peas, corn and carrots	Chicken noodle soup with carrots, corn kernals and creamed corn
Vegetarian Lunch served with water	Cheese and spinach pastizzi, bread baked beans. Broccoli	Lentil spaghetti with capsicum, carrots, celery and zucchini	Vegetable fried rice	Macaronu pasta with peas, corn and carrots	Vegetable soup with corn, carrot, celery
Afternoon Tea served with milk/water	Wholemeal cheese sandwiches	Mountain bread carrot, cucumber, tomato cheese, dried fruit	Vanilla yoghurt wholemeal salada	Sao's with jam or cheese dried fruit	Weetbix slice
Late Afternoon Snack served with water	cracker	cracker	cracker	cracker	cracker

Water is available to the children throughout the day and is served at all meals