



LITTLE ACADEMY EARLY LEARNING CENTRE MENU

WEEK A

served April - June

	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	Variety cereal Seasonal fruit	Mini toast with Philadelphia cheese Seasonal fruit	Mountain bread carrot, cucumber, tomato cheese, dried fruit	Raisin toast Seasonal fruit	Corn thins with cheese spread Seasonal fruit
Lunch served with water	Beef spaghetti with mushrooms, celery, capsicum	Beef mince and beans Mexican style with rice carrot, cucumber, cherry tomato	Chicken rice with peas, corn, carrot, broccoli	Beef lasagne with spinach and ricotta corn on cob	Variety sandwiches incl ham, cheese, egg, baked beans
Vegetarian Lunch served with water	Spinach and ricotta pastizzi, corn on cob	Mexican beans with rice carrot, cucumber, cherry tomato	Vegetable rice with peas, corn, carrot, broccoli	Lentil and vegetable spaghetti	Variety sandwiches
Afternoon Tea served with milk/water	Wholemeal cheese sandwich	Rye cruskits with jam or cheese	Banana and raspberry bread	Vanilla yoghurt water cracker	Corn on cob Wholemeal Salada
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



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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	Rice cracker with cheese Seasonal fruit	Multigrain cheese toasties Seasonal fruit	Wholemeal toast with baked beans Seasonal fruit	Mountain bread carrot, cucumber, tomato cheese, dried fruit
Lunch served with water	Beef and macaroni pasta with peas, corn, carrot	Lamb and baby spinach pasta bake	Chicken noodle soup with carrots, corn	Beef sausages cherry tomatoes, carrot, cucumber wholemeal bread	Yellow rice (turmeric) with chicken and peas
Vegetarian Lunch served with water	Macaroni pasta with vegetables	Vegetable Rice with peas and corn	Vegetable soup	Cheese and spinach pastizzi, cucumber tomato, carrot, pasta	Yellow rice with peas
Afternoon Tea served with milk/water	Sao's with jam or cheese dried fruit	Wholemeal cheese sandwiches	Pumpkin and cinnamon muffins	Vanilla yoghurt wholemeal salada	Rye cruskits with jam or cheese watermelon
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