

Seedling Kids: Winter Menu

Please note that our centre is 100% nut free. All meals are prepared by our trained cook Miss Lina. Please inform us of any allergies, cultural and lifestyle dietary requirements. Where ham/bacon is served, a substitute will be given to those children strictly Halal. Vegetarian & dietary substitutes are made according to each child's dietary needs.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Strictly until 8.30am)	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk
Morning Tea (Served from 9.15am Progressively)	Fruit Platter Drink: Water	Fruit Platter Drink: Water	Fruit Platter Drink: Water	Fruit Platter Drink: Water	Fruit Platter Drink: Water
Lunch (Served from 11.45am)	Penne al forno Baked Veggie cheesy pasta Drink: Water	Chicken Stroganoff served with veggies and rice Drink: Water	Braised Beef Soup with blended veggies and Pastina Drink: Water	Greek Beef meatballs, Tzatziki, Salad and wholemeal bread Drink: Water	Baked fish fillet and Chips with carrot and cucumber sticks Drink: Water
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea (Served from 3pm Progressively)	Rice Cakes with Jam, Cheese or Vegemite Drink: Milk	Sandwiches with vegemite or cheese Drink: Milk	Lebanese Bread with spreads Drink: Milk	Assorted Biscuits Drink: Milk	Crackers, Cheese and Fruit Drink: Milk
Late Snack (Served from 5pm)	Fruit and Veggie plate Drink: Water	Apple slices and cheese Drink: Water	Sultanas and Fruit Drink: Water	Veggie Sticks with cream cheese Drink: Water	Fruit and Veggie Plate Drink: Water

Seedling Kids: Winter Menu

Please note that our centre is 100% nut free. All meals are prepared by our trained cook Miss Lina. Please inform us of any allergies, cultural and lifestyle dietary requirements. Where ham/bacon is served, a substitute will be given to those children strictly Halal. Vegetarian & dietary substitutes are made according to each child's dietary needs.

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Strictly until 8.30am)	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk
Morning Tea (Served from 9.15am Progressively)	Fruit Platter Drink: Water	Fruit Platter Drink: Water	Fruit Platter Drink: Water	Fruit Platter Drink: Water	Fruit Platter Drink: Water
Lunch (Served from 11.45am)	Sweet and Sour rice with chicken and veggies Drink: Water	Beef Mince Stroganoff with Mash, carrots and peas Drink: Water	Chicken Burgers Served with lettuce, tomato, cheese and sauce Drink: Water	Penne Boscaiola Cream, mushrooms, peas & parmesan cheese Drink: Water	Lentil Soup with 6 hidden veggies and pasta Drink: Water
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea (Served from 3pm progressively)	Sao's with spreads Drink: Milk	Apple, Crackers, Sultanas, Cheese Drink: Milk	Pikelets with honey/Jam Drink: Milk	Raisin Bread Drink: Milk	Cheese Bread Drink: Milk
Late Snack (Served 5pm)	Biscuits- Assorted Drink: Water	Fruit Plate Drink: Water	Sultanas and Fruit Drink: Water	Fruit Plate Drink: Water	Milk Arrowroot biscuits Drink: Water

Seedling Kids: Winter Menu

Please note that our centre is 100% nut free. All meals are prepared by our trained cook Miss Lina. Please inform us of any allergies, cultural and lifestyle dietary requirements. Where ham/bacon is served, a substitute will be given to those children strictly Halal. Vegetarian & dietary substitutes are made according to each child's dietary needs.

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Strictly until 8.30am)	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk
Morning Tea (Served from 9.15am Progressively)	Fruit Platter Drink: Water	Fruit Platter with Cheese Drink: Water	Fruit Platter Drink: Water	Fruit Platter with Cheese Drink: Water	Fruit Platter Drink: Water
Lunch (Served from 11.45am)	Pizza with veggies, cheese, ham. Drink: Water	Pumpkin Soup with Pastina Drink: Water Chicken	Honey Mustard Chicken with veggies and rice Drink: Water	Kafta on Lebanese bread with Hummus and Carrot sticks Drink: Water	Sausage Sizzle with cucumber and carrot sticks Drink: Water
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea (Served from 3pm progressively)	Veggie Sticks, Dip & crackers Drink: Milk	Low sugar fruit muffins Drink: Milk	Cinnamon Bread Drink: Milk	Fairy Sao's Drink: Milk	Yoghurt & Fruit Drink: Milk
Late Snack (Served 5pm)	Rice cakes & Fruit Drink: Water	Fruit Plate Drink: Water	Fruit plate & crackers Drink: Water	Fruit Plate Drink: Water	Fruit plate & crackers Drink: Water

Seedling Kids: Winter Menu

Please note that our centre is 100% nut free. All meals are prepared by our trained cook Miss Lina. Please inform us of any allergies, cultural and lifestyle dietary requirements. Where ham/bacon is served, a substitute will be given to those children strictly Halal. Vegetarian & dietary substitutes are made according to each child's dietary needs.

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Strictly until 8.30am)	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk	Wholemeal Toast or Cereal with Spreads Drink: Milk
Morning Tea (Served from 9.15am Progressively)	Fruit Platter Drink: Water	Fruit Platter with Cheese Drink: Water	Fruit Platter Drink: Water	Fruit Platter with Cheese Drink: Water	Fruit Platter Drink: Water
Lunch (Served from 11.45am)	Mexican Beef served with grated cheese and rice Drink: Water	Tuna Fish cakes with Salad Drink: Water Chicken	Penne Pesto with Hidden green veggies Drink: Water	Sicilian Chicken Broth Soup served with shredded chicken and rice Drink: Water	Curry Chicken noodles with veggies Drink: Water
Dessert	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit	Fresh Fruit
Afternoon Tea (Served from 3pm progressively)	Raisin Bread Drink: Milk	Custard & Fruit Drink: Milk	Lebanese bread, veggies & dip Drink: Milk	Cinnamon Bread Drink: Milk	Vegemite or cheese bread Drink: Milk
Late Snack (Served 5pm)	Fruit Plate & bread Drink: Water	Fruit Plate & crackers Drink: Water	Sultanas and Fruit plate Drink: Water	Fruit Plate Drink: Water	Fruit Plate Drink: Water