



**\*\*Early Breakfast\*\* -**

**Wholemeal Toast with mixed spreads**

**OR**

**Wholegrain Weet Bix & Milk, - Served till 8am.**

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	Baked Beans on Wholemeal Toasted Turkish Bread  <b>Mixed Fruit, Dried Fruit &amp; Raw Vegetable Platter</b>	Wholegrain Vita-Weat's with Sliced Cheese  <b>Mixed Fruit &amp; Raw Vegetable Platter</b>	Yoghurt with Banana & Dried Fruit Muesli  <b>Mixed Fruit &amp; Vegetable Platter</b>	Scones with Fruit Spreads  <b>Mixed Fruit Smoothies</b>	Wholemeal Crumpets with Fruit spread  <b>Mixed Fruit &amp; Raw Vegetable Platter</b>
<b>Lunch</b>	Zucchini & Cheese Slice with Corn Cobs & Tomato wedges  Water	Spaghetti Bolognese with Mushrooms, Celery, & Tomato  Water	Apricot Chicken with Corn, Carrots, Green Beans & Brown Rice  Water	Beef Pasta Bake with Sweet Potato, Zucchini and White Sauce  Water	Honey Soy Beef & Vegetable Stir Fry with Rice Noodles  Water
<b>Afternoon Tea</b>	Wholemeal Pinwheel Wraps with Ham & Avocado  <b>Mixed Fruit &amp; Raw Vegetable Platter</b>  Milk / Water	Raisin Toast  <b>Mixed Fruit &amp; Raw Vegetable Platter</b>  Milk / Water	Toasted Wholemeal Flatbread French Onion Dip with Bread  <b>Mixed Vegetable Sticks &amp; Raw Fruit Platter</b>  Milk / Water	Wholemeal Pitta Bread Chips with Spinach Dip  <b>Mixed Fruit &amp; Raw Vegetable Platter</b>  Milk / Water	Banana Bread  <b>Mixed Fruit &amp; Raw Vegetable Platter</b>  Milk or Water
<b>Late snack</b>	Assorted Crackers, Cheese & Vegetable Sticks	Assorted Crackers, Cheese & Vegetable Sticks	Assorted Crackers, Cheese & Vegetable Sticks	Assorted Crackers, Cheese & Vegetable Sticks	Assorted Crackers, Cheese & Vegetable Sticks

\*\*\* Water is Freely available throughout the day

\*\*\* Please see the notice board in reception for any daily menu changes



**golden seeds**  
Early Learning

**\*\*Early Breakfast\*\* -**

**Wholemeal Toast with mixed spreads**

**OR**

**WEEK 2**

**Wholegrain Weet Bix & Milk , - Served till 8am.**

**\*\*\* Water is Freely available throughout the day**

**\*\*\* Please see the notice board in reception for any daily menu changes**