



AVONLEA FAMILY DAYCARE
SAMPLE SUMMER MENU

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh fruit platter (apple, nectarines, grapes, banana) with pineapple and yoghurt dip	Rainbow platter (banana, rock melon, plum, beans, cucumber, red capsicum) Cheese cubes	Fruit smoothie small (100mL) Fruit toast with ricotta cheese	Fresh fruit platter (apple, nectarines, grapes, banana) with pineapple and yoghurt dip	Yoghurt, summer sunshine salad (peach, nectarine, passionfruit, mint) and (untoasted) muesli
Drink	Water, Milk	Water, Milk	Water, Milk	Water, Milk	Water, Milk
Lunch	Mexican Beef Wraps (Main ingredients: lean minced beef, carrot, capsicum, canned red kidney beans, canned tomato, spices, iceberg lettuce, avocado, cheese, wholemeal wraps)	Beef Lasagne with fresh salad (Main ingredients: beef mince, brown lentils, carrot, celery, zucchini, canned tomatoes, ricotta, lasagne sheets, cheese)	Creamy Tuna Pasta Bake (Main ingredients: canned tuna, pasta, broccoli, corn, carrot, evaporated milk)	Zucchini Slice (zucchini, egg, corn, carrot, beetroot, flour, cheese)	Beef and Vegetable rissoles with pita bread and salad (Main ingredients: lean beef mince, potato, carrot, zucchini, capsicum, egg, pita bread, salad vegetables)
Drink	Water	Water	Water	Water	Water
Afternoon Tea	Toasted wholemeal English muffins with sliced tomato and cheese Rockmelon wedges	Fruity crumble (wholemeal flour, oats, cooked seasonal fruits) served with Greek yoghurt	Rice cakes and toppings (cottage cheese, sliced tomato, cucumber) Watermelon and friends platter (watermelon triangles, grapes, strawberries)	Make your own pizza faces (wholemeal pita bread, salt reduced tomato paste, shredded chicken breast, mushroom, tomato, capsicum, cheese)	Vegetable sticks with creamy corn and tuna dip and wholemeal crackers Watermelon and friend's platter (watermelon triangles, grape, strawberries)
Drink	Milk and Water	Milk and Water	Milk and Water	Milk and Water	Milk and Water

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BREAKFAST CHOOSE FROM: WHOLEGRAIN CEREALS (WHEAT BISCUITS, DRIED FRUIT AND FLAKE MIX), PORRIDGE AND WHOLEMEAL TOAST WITH HEALTHY TOPPINGS, SERVED WITH MILK AND WATER

LATE SNACK CHOOSE FROM: WHOLEGRAIN CRACKERS AND CHEESE, FRESH VEGETABLES AND FRUIT, SERVED WITH WATER

WATER IS FREELY AVAILABLE THROUGHOUT THE DAY

INFANTS (EATING SOLIDS)

A VARIETY OF HEALTHY FOODS ARE OFFERED EVERY DAY INCLUDING IRON-RICH FOODS (MEAT, POULTRY, FISH, LEGUMES/BEANS, TOFU, EGGS), FRUIT, VEGETABLES, GRAINS AND MILKPRODUCTS. FOODS ARE AN APPROPRIATE TEXTURE FOR INFANTS' AGE (E.G. MASHED, LUMPY, CHOPPED, FINGER FOODS).

ALLERGIES CHILDREN WITH ALLERGIES AND OR FOOD INTOLERANCES ARE PROVIDED A TAILORED VERSION OF THE REGULAR MENU TO SUIT THEIR INDIVIDUAL NEED

