



AVONLEA FAMILY DAYCARE
SAMPLE WINTER MENU

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh fruit platter (apples, mandarins, bananas, pears)	Yoghurt with canned peaches in natural juice	Rainbow platter (banana, mandarins, pear, beans, cucumber, red capsicum)	Toasted wholegrain English muffins with sliced tomatoes and cheese	Rainbow platter (banana, mandarins, pear, broccoli, carrots, red capsicum) served with yoghurt dip
Drink	Water, Milk	Water, Milk	Water, Milk	Water, Milk	Water, Milk
Lunch	Beef stroganoff with wholemeal pasta (Main ingredients: lean beef, mushroom, carrot, celery, potato, natural yoghurt, wholemeal pasta)	Tuna and broccoli frittata with green salad and wholemeal bread (Main ingredients: egg, tuna, broccoli, sweet corn, potato, bread, lettuce, tomato)	Pumpkin soup served with a platter of multigrain sandwiches	Salmon and corn patties with wholemeal bread and garden salad (Main ingredients: tinned salmon, potato, corn, lettuce, tomato, cucumber)	Baked chicken and vegetable risotto (Main ingredients: chicken, spinach, pumpkin, rice)
Drink	Water	Water	Water	Water	Water
Afternoon Tea	Pikelets with ricotta spread and a fresh kiwi and passionfruit topping	Fresh apple slices and Pumpkin scones	Tzatziki and hummus dip, wholemeal pita bread, vegetable sticks (capsicums, steamed carrots)	Carrot muffins and a savoury platter (rice cakes, celery sticks, cherry tomatoes, hummus dip)	Platter of wholemeal sandwich triangles: Cheese and cucumber Cream cheese and grated carrot
Drink	Milk and Water	Milk and Water	Milk and Water	Milk and Water	Milk and Water

AVONLEA FAMILY DAYCARE

SAMPLE SUMMER MENU

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

