kids'domain

## Kids' Domain Early Learning Centre <br> Menu Cycle 3

|  | Monday | Tuesday | Wednesday | Thursday | Friday |
| :---: | :---: | :---: | :---: | :---: | :---: |
| Morning Tea | Yoghurt, Fresh Fruit | Healthy Platter, Fresh Fruit | Cinnamon Scrolls, Fresh Fruit | Cheesy Cheese Scones Fresh Fruit | Healthy Platter, Fresh Fruit |
| Regular Lunch | Beef and Vegetable Curry with Rice | Chicken Spiral Pasta and Vegetable Bake | Butternut and Lentil Soup Fresh Sandwiches | Fish Bites \& Chips Broccoli | $\begin{aligned} & \text { Pizza } \\ & \text { Coleslaw } \end{aligned}$ |
| Vegetarian Lunch | Tofu and Vegetable Curry with Rice | Spiral Pasta and Vegetable Bake | Butternut and Lentil Soup Fresh Sandwiches | Vege Bites \& Chips Broccoli | $\begin{aligned} & \text { Pizza } \\ & \text { Coleslaw } \\ & \hline \end{aligned}$ |
| Baby Puree | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit |
| Afternoon Tea | Carrot Muffin, Fresh Fruit | Banana Bread, Fresh Fruit | Apple Slice, Fresh Fruit | Lemon Yoghurt Muffins, Fresh Fruit | Yoghurt, Fresh Fruit |
| WEEK 2 |  |  |  |  |  |
| Morning Tea | Healthy Platter, Fresh Fruit | Yoghurt, Fresh Fruit | Berry Muffin, Fresh Fruit | Healthy Platter, Fresh Fruit | Cheesy Mite Scrolls, Fresh Fruit |
| Regular Lunch | Mac \& Cheese Broccoli | Beef and Mushroom Pie with Mashed Kumara and Peas | Thai Chicken Curry Steamed Rice | Chicken Sausage Rolls with Mash and Peas | Potato and Pumpkin Soup Sandwiches |
| Vegetarian Lunch | Mac \& Cheese Broccoli | Vege and Mushroom Pie with Mashed Kumara and Peas | Thai Vege Curry Steamed Rice | Vegetarian Sausage Rolls with Mash and Peas | Potato and Pumpkin Soup Sandwiches |
| Baby Puree | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit |
| Afternoon Tea | Coconut Bread, Fresh Fruit | Apple Muffin, Fresh Fruit | Rice Bubble Slice, Fresh Fruit | Yoghurt, Fresh Fruit | Anzac Biscuits, Fresh Fruit |
| WEEK 3 |  |  |  |  |  |
| Morning Tea | Healthy Platter, Fresh Fruit | Cinnamon Scrolls, Fresh Fruit | Yoghurt, Fresh Fruit | Healthy Platter, Fresh Fruit | Yoghurt, Fresh Fruit |
| Regular Lunch | Chicken Paella with Courgette, Mushroom | Vegetable and Paneer Curry Rice, Naan | Beef Meatballs Spaghetti and Tomato Sauce, Peas | Thick Vegetable Soup Sandwiches | Fish Bites \& Chips Broccoli |
| Vegetarian Lunch | Vegetable Paella with Courgette, Mushroom | Vegetable and Paneer Curry Rice, Naan | Vegetarian Meatballs Spaghetti \&Tomato Sauce, Peas | Thick Vegetable Soup Sandwiches | Vege Bites \& Chips Broccoli |
| Baby Puree | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit |
| Afternoon Tea | Chocolate Muffin, Fresh Fruit | Yoghurt, Fresh Fruit | Cheesy Cheese Scones, Fresh Fruit | Apple Slice, Fresh Fruit | Carrot Muffin, Fresh Fruit |
| WEEK 4 |  |  |  |  |  |
| Morning Tea | Healthy Platter, Fresh Fruit | Mixed Berry Muffin, Fresh Fruit | Cheesy Mite Scrolls, Fresh Fruit | Yoghurt, Fresh Fruit | Healthy Platter, Fresh Fruit |
| Regular Lunch | $\begin{aligned} & \hline \text { Pizza } \\ & \text { Mixed Salad } \end{aligned}$ | Thick Vegetable Soup Sandwiches | Mini Beef Burgers, Baked Potato Wedges with salad | Penne Pasta with Tomato Basil Sauce Broccoli | Chicken and Vegetable Curry with Rice and Naan |
| Vegetarian Lunch | Pizza <br> Mixed Salad | Thick Vegetable Soup Sandwiches | Mini Vegetable Burgers Baked Potato Wedges with salad | Penne Pasta with Pasta Tomato and Basil Broccoli | Vegetable Curry with Rice and Naan |
| Baby Puree | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit | Meat, Vegetable, Fruit |
| Afternoon Tea | Yoghurt, Fresh Fruit | Carrot Loaf, Fresh Fruit | Afghan Biscuits, Fresh Fruit | Raspberry Choc Muffin, Fresh Fruit | Banana Bread, Fresh Fruit |

