



Creative Garden
Early Learning Centre
Creative Garden
Mount Annan

Week 1



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads
Morning Tea	Wholemeal Toast with Vegemite and Cheese Spread Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	Yoghurt Glass of Milk <u>ALTERNATIVE</u> Coconut Yoghurt Soy/Oat Milk	Wholemeal Crumpets with Vegemite and Cheese Spread Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	English Muffins with Vegemite and Cheese Spread Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	Wholemeal Raisin Toast with Nuttlex Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk
Lunch	Bolognese Pasta with Garlic Bread <u>ALTERNATIVE</u> Lamb/Vegan Pasta Apple Slices	Chicken Sausages with Roasted Potatoes, Corn, Peas, Carrot <u>ALTERNATIVE</u> Vegan Meat Apple Slices	Lamb Kofta with Salad of Tomato, Lettuce, Cucumber <u>ALTERNATIVE</u> Vegan Meat Apple slices	Creamy Chicken and Mushroom Pasta <u>ALTERNATIVE</u> Vegan Meat Apple Slices	Wholemeal Wraps with Cold Meats, Chicken or Ham, and Salad <u>ALTERNATIVE</u> Salad Wraps Apple Slices
Afternoon Tea	An Assortment of Seasonal Fruits. Saos with Vegemite and Cheese Spread	An Assortment of Seasonal Fruits. Vegemite/Cheese, Ham/Cheese Scrolls <u>ALTERNATIVE</u> Dairy Free Scrolls Ham Free Scrolls	An Assortment of Seasonal Fruits. Custard <u>ALTERNATIVE</u> Coconut Yoghurt	An Assortment of Seasonal Fruits. Cruskits with Vegemite and Cheese Spread	An Assortment of Seasonal Fruits. Apple and Cinnamon Cake <u>ALTERNATIVE</u> Dairy Free, Egg Free Cake
Late Snack	Multigrain Rice Crackers and Banana Chips	Multigrain Rice Crackers and Dried Apricots	Multigrain Rice Crackers and Sultanas	Multigrain Rice Crackers and Dried Fruit	Multigrain Rice Crackers and Cranberries



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Week 2



Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads
Morning Tea	Pancakes with Vegemite and Maple Syrup Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	Assorted Cereals with Milk Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	Wholemeal English Muffins with Vegemite and Cheese Spread Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	Raisin Toast with Nuttlex Spread Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	Yoghurt Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk Coconut Yoghurt
Lunch	Beef Chow Mein with Cabbage, Carrot, Peas, Corn and Rice <u>ALTERNATIVE</u> Lamb Chow Mein Apple Slices	Bolognese Pasta with Garlic Bread <u>ALTERNATIVE</u> Lamb/Chicken/Vegan Pasta Apple Slices	Crumbed Chicken Tenders with Salad, Tomato, Lettuce, Cucumber <u>ALTERNATIVE</u> Vegan Meats Apple Slices	Curried Beef Sausages with Mixed Vegetables and Pasta <u>ALTERNATIVE</u> Lamb/Vegan Meat Apple Slices	Lamb Meatballs in a Tomato-based Sauce with Rice and Garlic Bread <u>ALTERNATIVE</u> Vegan Meats Apple Slices
Afternoon Tea	Assortment of Seasonal Fruits. Custard <u>ALTERNATIVE</u> Coconut Yoghurt	Assortment of Seasonal Fruits and Veggie Sticks. Hommus Dip with Tortilla Strips	Assortment of Seasonal Fruits. Blueberry Cake <u>ALTERNATIVE</u> Dairy Free, Egg Free Cake	Assortment of Seasonal Fruits. Saos with Vegemite and Cheese Spread	Assortment of Seasonal Fruits. Rice Cakes with Vegemite and Cheese Spread
Late Snack	Multigrain Rice Crackers and Dried Apricots	Multigrain Rice Crackers and Sultanas	Multigrain Rice Crackers and Cranberries	Multigrain Rice Crackers and Banana Chips	Multigrain Rice Crackers and Dried Fruit



Week Three	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assortment of Cereals with Milk or Toast with Choice of Spread	Assortment of Cereals with Milk or Toast with Choice of Spread	Assortment of Cereals with Milk or Toast with Choice of Spread	Assortment of Cereals with Milk or Toast with Choice of Spread	Assortment of Cereals with Milk or Toast with Choice of Spread
Morning Tea	Assortment of Cereal with Milk Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	Scrambled Eggs with Nuttlex on Toast Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk Vegemite/Cheese Toast	Wholemeal Toast with Vegemite and Cheese Spread Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	Assortment of Cereals with Milk Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	Wholemeal English Muffins with Vegemite and Cheese Spread Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk
Lunch	Butter Chicken with Broccoli and Rice <u>ALTERNATIVE</u> Vegan Meat Apple Slices	Crumbed Fish with Salad of Tomatoes, Lettuce, Cucumbers <u>ALTERNATIVE</u> Vegan Meat Apple Slices	Sweet Lamb Curry with Rice <u>ALTERNATIVE</u> Vegan Meat Apple Slices	Beef Stroganoff with Pasta, Mushrooms, Peas, Corn, Carrot <u>ALTERNATIVE</u> Lamb/Vegan Stroganoff Apple Slices	Beef Meatballs in a Tomato-based Sauce with Mash <u>ALTERNATIVE</u> Lamb Meatballs Vegan Meat Apple Slices
Afternoon Tea	Assortment of Seasonal Fruit. Cruskits with Vegemite and Cheese Spread	Assortment of Seasonal Fruit. Custard <u>ALTERNATIVE</u> Coconut Yoghurt	Assortment of Seasonal Fruit. Vegemite/Cheese, Ham/Cheese Scrolls <u>ALTERNATIVE</u> Dairy Free Scrolls Ham Free Scrolls	Assortment of Seasonal Fruit. Saos with Vegemite and Cheese Spread	Assortment of Seasonal Fruit. Blueberry Cake <u>ALTERNATIVE</u> Dairy Free, Egg Free Cake
Late Snack	Multigrain Rice Crackers and Sultanas	Multigrain Rice Crackers and Dried Fruit	Multigrain Rice Crackers and Banana Chips	Multigrain Rice Crackers and Dried Apricots	Multigrain Rice Crackers and Dried Prunes



Week Four	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads	Assortment of Cereals with Milk or Toast with Choice of Spreads
Morning Tea	Raisin Toast with Nuttlex Spread Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	Yoghurt Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk Coconut Yoghurt	Pancakes with Vegemite and Maple Syrup Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk Vegemite/Cheese Toast	Assortment of Cereal Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk	Wholemeal English Muffins with Vegemite and Cheese Spread Glass of Milk <u>ALTERNATIVE</u> Soy/Oat Milk
Lunch	Beef Bolognese Pasta with Garlic Bread <u>ALTERNATIVE</u> Lamb/Vegan Meat Apple Slices	Lamb Sausages with Roasted Potatoes, Carrot, Corn, Peas <u>ALTERNATIVE</u> Vegan Meat Apple Slices	Chicken Fried Rice with Pea, Carrot, Corn <u>ALTERNATIVE</u> Vegan Meat Apple Slices	Zucchini Slice with Salad of Tomatoes, Lettuce and Cucumbers <u>ALTERNATIVE</u> Vegan Meat Dairy Free, Egg Free Slice Apple Slices	Fish with Salad of Tomatoes, Lettuce, Cucumbers <u>ALTERNATIVE</u> Vegan Meat Apple Slices
Afternoon Tea	Assortment of Seasonal Fruits. Rice Cakes with Vegemite and Cheese spread	Assortment of Seasonal Fruits and Veggie Sticks Hummus Dip and Tortilla Strips	Assortment of Seasonal Fruits. Custard <u>ALTERNATIVE</u> Coconut Yoghurt	Assortment of Seasonal Fruits. Saos with Vegemite and Cheese Spread	Assortment of Seasonal Fruits. Apple and Cinnamon Cake <u>ALTERNATIVE</u> Dairy Free, Egg Free Cake
Late Snack	Multigrain Rice Crackers and Dried Fruit	Multigrain Rice Crackers and Banana Chips	Multigrain Rice Crackers and Dried Prunes	Multigrain Rice Crackers and Dried Cranberries	Multigrain Rice Crackers and Dried Apricots