



# TODDLER & PRESCHOOL MENU

AUTUMN/WINTER 2023 - WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Raisin toast with a selection of Orchard granola, cereals and yoghurt	Oat and Chia porridge served with stewed fruit and yoghurt	Wholemeal pancakes served with fruit compote	Fruit Salad, yoghurt and wholemeal toast	A selection of cereal, fruit salad and yoghurt
<b>MORNING TEA</b>	Spinach and corn piklets with fresh fruit platter  Banana, cinnamon and vanilla smoothie	Sweet potato cacao bliss balls served with sliced fruit, rice crackers and Orchard dip	Healthy and delicious baked apple and strawberry crumble. Served with yoghurt.  Berry smoothie	House-made baked beans topped with tasty cheese. Served with whole meal pita chips and sliced fruit  Smoothie	Rainbow Fruit Fondue – Sliced red and green apples, sliced banana, pretzels (or rice crackers) with a yummy cacao dip  Mango and coconut smoothie
<b>LUNCH</b>	Lamb cottage pie topped with a creamy potato and white bean mash. Served with cucumber and carrot spears  Served with wholemeal roll	Grilled free range chicken chipolatas with classic cauliflower cheese macaroni and steamed greens  Wholemeal bread roll	Salmon Kedgeree (salmon, rice, eggs and veggies – similar to a curried fried rice).  Served with wholemeal pita bread and sliced oranges	Stir fried veggies served with rice vermicelli and steamed pork dumplings  Wholemeal flatbread	Red curry of beef, chickpea and veggies (greens – i.e.. Broccoli, Bok choy) served with brown rice, yoghurt and wholemeal pita bread
<b>AFTERNOON TEA</b>	Pumpkin, oat and cinnamon slice served with veggie sticks and hummus  Fresh Milk	Sandwich selection (i.e. cheese, roast beef, tomato, vegemite) served with crunchy vegetable sticks (capsicum, carrot, celery, cucumber, snap peas). Served with a house-made Orchard dip. Fresh Milk	Rice & Corn cakes with a selection of toppings (hummus, sliced tomato, avocado, tasty cheese, grated carrot, cucumber)  Fresh Milk	Banana and berry tray bake slices served with slices oranges and apples  Fresh Milk	Wholemeal pineapple slice Served with a selection of veggies (snow peas, carrot, capsicum and cucumber sticks  Fresh Milk
<b>LIGHT DINNER</b>	House made beef sausage roll with roasted sweet potato wedges	Beef and Bean Taco served with cheese, lettuce, tomato in a crispy corn shell	Baked Chicken and veggie roll ups	Chickpea Falafel pita with hummus and salad	Wholemeal pizza with changing toppings (ham and pineapple, veggie, teriyaki chicken, margarita)

Orchard ELC can accommodate a range of dietary alternatives including vegetarian, dairy, gluten and egg free. Alternative proteins sources can be provided. Diversity in fresh seasonal vegetable is always a priority. Menu may change based on seasonal availability. Beverages provided include milk and water.