



TODDLER & PRESCHOOL MENU

AUTUMN/WINTER 2023 - WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	A selection of cereal served with milk. Wholemeal toast served with the Orchard house-made berry chia jam	Buttermilk pancakes with sliced banana and fresh milk	Orchard Granola served with berry swirled yoghurt and raisin toast	Overnight porridge with stewed apples and milk	Chia seed and grated apple pikelets served with fruit compote
MORNING TEA	Wholemeal French Toast served with grilled bananas and fruit berry compote Smoothie	Han dna dcheese frittata served with cherry tomatoes, cucumber spears. Smoothie	Toasted English muffins with avocado or our house made berry chia jam Smoothie	Assorted sandwich including (roast beef, vegemite/cheese, tuna, egg) selection on whole meal bread and served with sliced Autumn fruits Pineapple and coconut Smoothie	Baked veggie spring rolls served with sliced fruit platter Smoothie
LUNCH	Pork San Choy Bau Noodle Bowl OR vegetarian with rice noodles, stir fried veggies, cherry tomatoes, lettuce tossed in a light soy and ginger dressing Wholemeal roll	Orchard signature Chicken, veggie (carrot, broccoli) and leek pie served with peas and a garden salad Wholemeal roll	Mini beef cheesburgers served with salad and roast sweet potato wedges	Baked teriyaki chicken with pineapple and veggie fried rice Wholemeal bread	House made Italian beef and spinach lasagne served with garden salad Wholemeal garlic bread
AFTERNOON TEA	Moroccan spiced crunchy Lebanese bread served with cubed tasty cheese and our house made ricotta beetroot hummus dip. Served with sliced oranges Fresh milk	Wholemeal carrot and zucchini muffins. Served with sliced apple and pear Fresh milk	Weetbix slice with a rainbow platter of fruit salad Fresh milk	Pumpkin and Oat slice served with sliced pears Fresh milk	Freshly baked whole meal upside-down pineapple cake served with veggie sticks Fresh milk
LIGHT DINNER	Chicken chipolata sausages from our local butcher on a wholemeal roll served with a vegetable crudité	Cheese and vegetable quesadialla served with fresh fruit	Chicken kofta wrap with cucumber spears	Orchard beef slider with green garden salad	Crispy chicken lettuce cups with roasted potato wedges

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.