



TODDLER & PRESCHOOL MENU

AUTUMN/WINTER 2023 - WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Wholemeal raisin toast served with yoghurt and fresh seasonal fruit	The Orchard granola served with yoghurt, fruit, and raisin toast	French Toast served with fruit compote	Warm porridge served with yoghurt and fresh banana	Fluffy banana pancakes served with maple syrup
MORNING TEA	Healthy wholemeal banana loaf served with yoghurt and berries Smoothie	Wholemeal buttermilk scones served with stewed apples, veggie sticks and Orchard dip Smoothie	House made smoky baked beans served with cheesy corn muffin or grilled polenta squares and carrot sticks. Smoothie	Crumbed mash potato and veggie nuggets with house made tomato dipping sauce and cucumber spears Smoothie	A showstopper Autumn Rainbow Platter Including but not limited to strawberries, blueberries, rockmelon, veggie sticks and a selection of house-made colourful and healthy dips. Served with wholemeal crackers
LUNCH	Spaghetti and beef meatballs Served with salad and wholemeal garlic bread Served with steamed broccoli and sliced oranges	Baked Tandoori chicken and veggies served with rice, cucumber raita and Indian Naan bread Wholemeal roll	Thai fish and veggie curry served with Hokkien noodles and salad Wholemeal pita	Creamy beef and mushroom stroganoff served with garden salad and wholemeal bread	Chicken and chickpea curry with brown rice, yoghurt mint sauce and wholemeal pita bread OR made with Roasted Cauliflower, chickpea & lentils
AFTERNOON TEA	Spinach and ricotta filo jaffles served with fruit salad Fresh milk	Baked spring rolls with vermicelli noodles, carrot, shallot, snow peas. Served with sliced seasonal fruit. Fresh milk	Wholemeal pear, chia and raspberry bread served with sliced oranges Fresh milk	Baked cinnamon apples served with yoghurt and Orchard Granola topping Sliced seasonal fruit Fresh milk	Cacao and sweet potato brownies served with seasonal fruit Fresh milk
LIGHT DINNER	Chicken chipolata sausages from our local butcher on a wholemeal roll served with vegetable crudité	Cheese and vegetable quesadilla served with fresh fruit	Chicken kofta wrap with cucumber spears	Orchard beef slider with green 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.