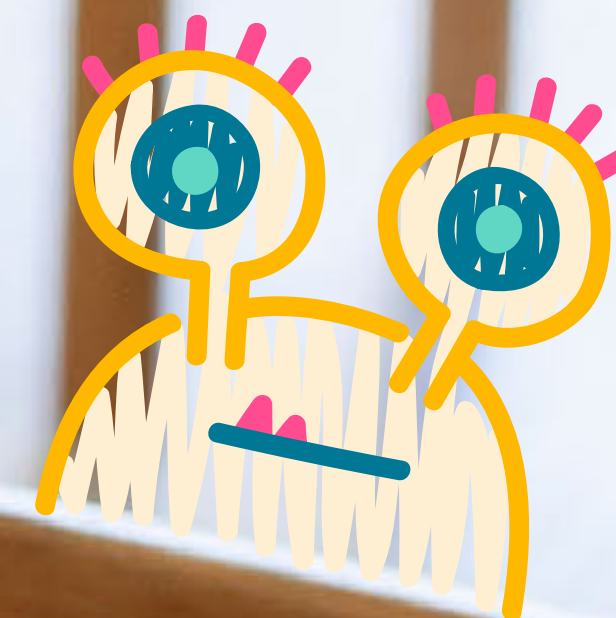


Beach Kids
Early Learning & Preschool
Sample menu



Sample menu

Breakfast
Breakfast is available to all children if required.

Beverages
Water is offered throughout the day and at all meal times.

Nutrition
Menu designed in consultation with My Nutrition Clinic.

MONDAY

Morning tea
Vegetable sticks
Served with cheese cubes.

Lunch
Chicken, mango & jewelled pasta salad

Veggie
Chickpea, mango & jewelled pasta salad

Puree
Sweet potato & green pea

Afternoon tea
Wholemeal apricot pikelets topped with banana slices
Served with a glass of milk.

TUESDAY

Morning tea
Iron rich muffins
Served with a glass of milk.

Lunch
Beef rissoles
Served with jewelled mashed potato.

Veggie
Vegetarian rissoles
Served with jewelled mashed potato.

Puree
Vegetable medley

Afternoon tea
Fruit platter
Served with a yoghurt dip & rice crackers.

WEDNESDAY

Morning tea
Banana bread & watermelon sticks

Lunch
San Choy Bow
Served on crunchy lettuce.

Veggie
Vegetarian San Choy Bow
Served on crunchy lettuce.

Puree
Carrot & pumpkin

Afternoon tea
Tomato & hummus crostini
Served with a glass of milk.

THURSDAY

Morning tea
Oat cookie bites
Served with a glass of milk.

Lunch
Assorted salad wholemeal sandwiches

Puree
Potato, pumpkin & sweet potato

Afternoon tea
Fruit salad & yoghurt

FRIDAY

Morning tea
Raisin toast topped with sliced banana
Served with a glass of milk.

Lunch
Tuscan beef casserole
Served with a wholemeal roll.

Veggie
Vegetable casserole
Served with a wholemeal roll.

Puree
Vegetable medley

Afternoon tea
Fruit & vegetable platter
Served with rice crackers & cheese.

