

Stirling Community ELC Spring MENU – WEEK 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Drink: Milk/Water	<u>Wholemeal Fruit Toast</u> <u>Banana & Orange Slices</u>	<u>Spring Fruit Platter</u> <u>Corn and Rice Thins</u> <u>with Nuttelex</u>	<u>Melon Platter</u> Homemade Yogurt Dip	<u>Spring Fruit Platter</u> <u>Rice Crackers and Cheese</u>	<u>Rice Crackers and Homemade Dip</u> Pear Slices
Lunch Drink: Water	<u>Turkey and Vegetable Fried Rice</u> Brown rice, salt reduced soy sauce, eggs	<u>Chilli Con Carne with Brown Rice and Salad</u> Beef mince, tomato, kidney beans, sour cream	<u>Spring Vegetable Soup</u> Crusty Bread	<u>Moroccan Lamb Cous Cous and Salad</u> Lamb, carrots, pumpkin, tomatoes, coriander	<u>Gnocchi Napolitana and Salad</u> Potato, carrot, tomato, parmesan
Infants Lunch Drink: Water	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed Vegetables, soft finger foods provided</u>	<u>AS ABOVE</u> Steamed corn and peas <u>Alternative- Mashed/pureed Winter Vegetables</u>	<u>Fusilli with Vegetable Sauce</u> <u>Alternative- Mashed/pureed Vegetables</u>	<u>AS ABOVE</u> Steamed broccoli <u>Alternative- Mashed/pureed Vegetables, soft finger foods provided</u>	<u>AS ABOVE</u> Steamed pumpkin, broccoli, sweet potato <u>Alternative- Mashed/pureed Vegetables, soft finger foods provided</u>
Alternate Lunch (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> Soy free; egg free; vegetarian option	<u>AS ABOVE</u> Nuttelex spread, Vegetarian Con carne	<u>AS ABOVE</u> GF bread,	<u>AS ABOVE</u> Vegetarian legumes, GF cous cous	<u>AS ABOVE</u> Vegan cheese DF,GF gnocchi
Afternoon Tea Drink: Milk/Water	<u>Pear and Raspberry Oat Crumble</u> With Greek Yoghurt	<u>Banana and Chia Bread</u> Bananas, wholemeal flour, chia seeds, cinnamon	<u>Homemade Digestive Biscuits and cheese</u> Apple slices	<u>Apple Tea Cake</u> Apples, wholemeal flour, mixed spice	<u>Raspberry Muffins</u> Wholemeal flour, raspberries
Alternate MT/AT (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> GF quinoa	<u>AS ABOVE</u> GF; egg free; DF	<u>AS ABOVE</u> GF bread; Vegan cheese	<u>AS ABOVE</u> Vegan cheese, DF milk	<u>AS ABOVE</u> GF flour, Egg free, DF milk, Vegan dip
Late Snack Drink: Water	<u>Cucumber sticks, pear slices, orange slices</u>	<u>Cherry tomatoes, cucumber sticks</u>	<u>Cucumber sticks, pear slices, orange slices</u>	<u>Cucumber sticks, cherry tomatoes, pear slices</u>	<u>Cherry tomatoes, cucumber sticks</u>

The *Education and Care Services National Regulations* (79) require that education and care services ensure food and beverages are nutritious and adequate in quantity and is appropriate for each child's growth and development needs and culture, religious or health requirements.

The *Australian Dietary Guidelines* recommend that the centre's menu should include the following foods over a **two-week cycle** in order to meet the nutritional needs of the children:

- 4 serves of lean red meat
- 2 serves lean pork/poultry
- 1 vegetarian meal
- 1 serve fish

The *Australian Dietary Guidelines* also recommend that the centre's menu should include the following on a **daily basis**:

- 2 serves vegetables and/or legumes
- 1 serve fruit
- 2 serves full cream dairy and/or alternatives
- 2 serves of grains

Stirling Community ELC Spring MENU – WEEK 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Drink: Milk/Water	<u>Spring Fruit Platter</u> <u>Rice Crackers and Cheese</u>	<u>Crumpets</u> Chia Berry 'jam' and Greek Yoghurt	<u>Cheese and Crackers</u> Cucumber Sticks	<u>Spring Fruit Salad</u> <u>Vanilla Yoghurt</u>	<u>Corn and Rice Thins</u> Nuttalex <u>Melon Platter</u>
Lunch Drink: Water	<u>Beef and Vegetable Pie</u> Beef mince, carrot, celery, pumpkin, potato	<u>Taco Pasta Bake with Steamed Vegetables</u> Wholemeal pasta, beef mince, tomato, cheese	<u>Yellow Fish Curry with Brown Rice & Peas</u> White fish, coconut milk	<u>Chicken and Vegetable Stir Fry with Brown Rice</u> Chicken, wombok, carrot, capsicum, sweet soy	<u>Vegetable Hot Pot</u> Leeks, pumpkin, cannellini beans, French lentils, broccoli, pasta
Infants Lunch Drink: Water	<u>AS ABOVE</u> Steamed broccoli, peas <u>Alternative- Mashed/pureed Vegetables</u> soft finger foods provided	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed Vegetables</u> , soft finger foods provided	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed Vegetables</u> , soft finger foods provided	<u>AS ABOVE</u> Steamed carrots <u>Alternative- Mashed/pureed Vegetables</u> soft finger foods provided	<u>AS ABOVE</u> <u>Alternative- Mashed/pureed Vegetables</u> , soft finger foods provided
Alternate Lunch (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> Soy free, Vegetarian option	<u>AS ABOVE</u> GF pasta, Vegan cheese.	<u>AS ABOVE</u> Vegetarian Yellow Curry	<u>AS ABOVE</u> Vegetarian, soy free	<u>AS ABOVE</u> GF pasta
Afternoon Tea Drink: Milk/Water	<u>Wholemeal English Fruit Muffins</u> Nuttalex	<u>Spring Grazing Platter</u> Dips, vegetable crudites, toasted flat bread	<u>Apple Oatmeal Biscuits</u> <u>Spring Fruit Platter</u>	<u>Wholemeal Fruit Bread</u> Nuttalex, orange slices	<u>Savoury Scones</u> Ham, cheese, chives, wholemeal flour
Alternate MT/AT (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> Vegan cheese	<u>AS ABOVE</u> GF flat bread, DF dip option	As Above Vegetarian option, GF, Vegan cheese	<u>AS ABOVE</u> CoYo DF 'yoghurt'	<u>AS ABOVE</u> GF, Vegan Cheese, Vegetarian Savoury scones
Late Snack Drink: Water	Cucumber sticks, pear slices, orange slices	Cherry tomatoes, cucumber sticks	Cucumber sticks, pear slices, orange slices	Cucumber sticks, cherry tomatoes, crackers	Cherry tomatoes, cucumber sticks, pear slices

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- 1 vegetarian meal
- 1 serve fish

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- 1 serve fruit
- 2 serves full cream dairy and/or alternatives
- 2 serves of grains

Stirling Community ELC Spring MENU – WEEK 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Drink: Milk/Water	<u>Spring Fruit Salad</u> <u>Vanilla Yoghurt</u>	<u>Wholemeal Fruit Toast</u> <u>Watermelon Slices</u>	<u>Spring Fruit Platter</u> <u>Rice Crackers and</u> <u>Homemade Dip</u>	<u>Spring Fruit Platter</u> <u>Corn and Rice Thins</u> <u>with Nuttelex</u>	<u>Orange and Pear Slices</u> <u>Cheese and Crackers</u>
Lunch Drink: Water	<u>Pizza Rigatoni with</u> <u>Salad</u> <i>Bacon, mushroom, spinach, capsicum, tomato, basil, wholemeal pasta, cheese</i>	<u>Beef and Glass Noodle</u> <u>Stir Fry</u> <i>Beef strips, carrot, broccoli, capsicum, glass noodles</i>	<u>Sausage and Bean</u> <u>Cassoulet</u> <u>Crusty Bread</u> <i>Pork sausages, tomatoes, carrots, cannellini beans</i>	<u>American Tuna Pasta</u> <u>Steamed Vegetables</u> <i>Tuna, tomato, capsicum, pasta, cheese</i>	<u>Seasoned Chicken with</u> <u>Mushroom Sauce and</u> <u>Vegetables</u> <i>Chicken breast, mushroom, coconut cream, potato</i>
Infants Lunch Drink: Water	<u>AS ABOVE</u> <i>Steamed corn, peas</i> <u>Alternative-</u> <i>Mashed/pureed Vegetables</i> <i>soft finger foods provided</i>	<u>AS ABOVE</u> <i>Steamed pumpkin, broccoli</i> <u>Alternative-</u> <i>Mashed/pureed</i> <i>Vegetables, soft finger</i> <i>foods provided</i>	<u>AS ABOVE</u> <i>Steamed sweet potato</i> <u>Alternative- Mashed/pureed</u> <i>Vegetables</i>	<u>AS ABOVE</u> <i>Steamed peas, corn</i> <u>Alternative-</u> <i>Mashed/pureed Vegetables</i> <i>soft finger foods provided</i>	<u>AS ABOVE</u> <u>Alternative-</u> <i>Mashed/pureed</i> <i>Vegetables, soft finger</i> <i>foods provided</i>
Alternate Lunch <i>(Allergy specific/Dietary restrictions)</i>	<u>AS ABOVE</u> <i>GF pasta; Vegan cheese; vegetarian rigatoni option</i>	<u>AS ABOVE</u> <i>Vegan cheese; Vegetarian stir-fry; Soy Free option</i>	<u>AS ABOVE</u> <i>GF bread; vegetable and bean cassoulet option</i>	<u>AS ABOVE</u> <i>DF option, Vegetable bake</i>	<u>AS ABOVE</u> <i>DF option, Vegetarian Protein Option</i>
Afternoon Tea Drink: Milk/Water	<u>Vegetable Slice</u> <i>Corn, zucchini, cheese</i>	<u>Cheese and Crackers</u> <u>Spring Fruit Platter</u>	<u>Sultana and Orange</u> <u>Rock Buns</u>	<u>Spring Grazing Platter</u> <i>Dips, vegetable crudites, toasted flat bread</i>	<u>Date and Apricot Slice</u>
Alternate MT/AT <i>(Allergy specific/Dietary restrictions)</i>	<u>AS ABOVE</u> <i>GF flour, DF, Vegan cheese,</i>	<u>AS ABOVE</u> <i>GF flour, DF</i>	<u>AS ABOVE</u> <i>GF flour, DF</i>	<u>AS ABOVE</u> <i>DF, GF</i>	<u>AS ABOVE</u> <i>DF, GF</i>
Late Snack Drink: Water	Cucumber sticks, cherry tomatoes, rice crackers	Orange and apple slices	Cucumber sticks, cherry tomatoes	Cucumber sticks, cherry tomatoes, oranges	Cherry tomatoes, cucumber sticks, apples

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- 1 serve fruit
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- 2 serves of grains

Stirling Community ELC Spring MENU – WEEK 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Drink: Milk/Water	<u>Spring Fruit Platter</u> Homemade yoghurt dip	<u>Blueberry Parfit</u> Blueberries, Greek Yoghurt, Toasted Oats, Coconut	<u>Homemade Cream Cheese Dip</u> Crackers, Cucumber Sticks, Pear Slices	<u>Melon Platter</u> <u>Rice Thins with Nuttelex</u>	<u>Spring Fruit Salad</u> <u>Vanilla Yoghurt</u>
Lunch Drink: Water	<u>Kokkinisto Greek Beef Stew with Peas</u> Beef, tomato, eggplant, oregano, risoni	<u>Chicken and Pea Risotto with Salad</u> Chicken breast, peas, cauliflower, rice, parmesan	<u>Middle Eastern Chicken and Chickpea Soup</u> Chicken breast, chickpeas, spinach, fetta, crusty bread	<u>Italian Beef Bolognese with Salad</u> Beef mince, onions, zucchini, carrot, tomatoes, pasta, parmesan	<u>Coconut Curry Pasta</u> Wholemeal pasta, spinach, sweet potato, steamed broccoli
Infants Lunch Drink: Water	<u>AS ABOVE</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided	<u>AS ABOVE</u> Steamed broccoli <u>Alternative-</u> Mashed/pureed Vegetables	<u>AS ABOVE with Fusilli</u> <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided	<u>AS ABOVE</u> Steamed broccolini, corn <u>Alternative-</u> Mashed/pureed Vegetables, soft finger foods provided	<u>AS ABOVE</u> Steamed pumpkin <u>Alternative-</u> Mashed/pureed Vegetables
Alternate Lunch (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> GF pasta; Vegetarian Greek Stew	<u>AS ABOVE</u> GF pasta, Pumpkin and Pea Risotto, Vegan cheese	<u>AS ABOVE</u> Vegan cheese, GF bread,	<u>AS ABOVE</u> GF pasta, Lentil bolognese	<u>AS ABOVE</u> GF pasta
Afternoon Tea Drink: Milk/Water	<u>Corn and Rice Thins with Nuttelex</u> Sliced cheese, Watermelon	<u>Spring Fruit Platter</u> <u>Cheese and Crackers</u>	<u>Spiced Apple Tea Cake</u>	<u>Crumpets</u> Chia Berry 'jam' and Greek Yoghurt	<u>Wholemeal Fruit English Muffins</u> Nuttelex
Alternate MT/AT (Allergy specific/Dietary restrictions)	<u>AS ABOVE</u> GF risoni, DF yoghurt	<u>AS ABOVE</u> Vegan cheese, DF milk, quinoa 'oats'	<u>AS ABOVE</u> GF flour, DF	<u>AS ABOVE</u> GF flour, DF, Egg free	<u>AS ABOVE</u> CoYo DF 'yoghurt', GF
Late Snack Drink: Water	Cucumber sticks, cherry tomatoes, crackers	Cucumber sticks, cherry tomatoes, mandarin	Orange slices, banana, cherry tomatoes	Cucumber sticks, cherry tomatoes, orange slices	Cherry tomatoes, cucumber sticks,

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