

HARDYKIDS EARLY LEARNING CENTRE MENU – SPRING/ SUMMER 2019

4 week cycle

Milk is offered daily for the children after lunch.

Week 1: Day 1		Day 2
Morning Tea	Cinnamon & Apple Muffins	Cheese Scones & Fruit
Lunch	Oodles of Noodles & Salad	Vegetable Curry & Steamed Rice
Afternoon Tea	Homemade Sandwiches	Hummus & Dippers
Day 3		Day 4
Morning Tea	Carrot & Pineapple Muffins	Wholemeal Fruit Muffins
Lunch	Chicken Pizza	Beef & Bean Nachos
Afternoon Tea	Munch & Crunch Platter	ANZAC Biscuits & Fruit
Day 5		Week 2: Day 1
Morning Tea	Oaty Slice	Banana Muffins & Fruit
Lunch	Chilli Beans & Rice	Macaroni Cheese
Afternoon Tea	Homemade Sandwiches & Fruit	Munch & Crunch Platter
Day 2		Day 3
Morning Tea	Banana & Raspberry Muffins	Muesli Slice
Lunch	Chicken Curry & Rice	Beef Stroganoff & Pasta
Afternoon Tea	Munch & Crunch Platter	ANZAC Biscuits & Fruit
Day 4		Day 5
Morning Tea	Wholemeal Fruit Muffins & Fruit	Yoghurt & Fruit
Lunch	Chilli Beans & Rice	Savoury Mince with Pasta & Salad
Afternoon Tea	Sandwiches	Shortbread
Week 3: Day 1		Day 2
Morning Tea	Spiced Apple Muffins & Fruit	Wholemeal Fruit Muffins & Fruit
Lunch	Vegetable Curry & Rice	Pork & Apple Meatballs
Afternoon Tea	Munch & Crunch Platter	Hummus & Platter Dippers

Day 3		Day 4
Morning Tea	Banana & Raspberry Muffins & Fruit	Carrot & Pineapple Muffins
Lunch	Meatloaf & Salad	Chilli Beans & Rice
Afternoon Tea	ANZAC Biscuits	Munch & Crunch Platter & Fruit
Day 5		Week 4: Day 1
Morning Tea	Yoghurt & Fruit	Cinnamon & Apple Muffins
Lunch	Chicken Pizza	Spaghetti Bolognese
Afternoon Tea	Home Made Sandwiches	Homemade Sandwiches & Fruit
Day 2		Day 3
Morning Tea	Banana & Raspberry Muffins	Banana Muffins & Fruit
Lunch	Pork & Apple Meatballs & Pasta	Vegetable Curry & Rice
Afternoon Tea	Munch & Crunch Platter & Fruit	Shortbread & Fruit
Day 4		Day 5
Morning Tea	Yoghurt & Fruit	Muesli Slice
Lunch	Corn & Tomato Tart & Salad	Beef & Bean Nachos
Afternoon Tea	ANZAC Biscuits	Hummus & Dippers

Fruit provided daily:

Banana, apple (mixture of red and green), pears, oranges, and watermelon (seasonal).

We use wholemeal and multigrain breads and flour.

Crackers and fruit are available for a late day snack at 5pm if children are enrolled all day.