

Columbia Park Early Learning Centre

Spring Weekly menu 1.2



Breakfast Served Daily 7.00am to 8.00am

Ingredients: Choice of either Weetbix, or Cherios served with milk & water to drink or Wholemeal Toast with either Sliced Cheese or the Daily Rotating Menu, served with milk or water to drink

Week 1.2	Morning Tea	Lunch		Afternoon Tea
Monday	<p>Cheese Toast Ingredients: cheese, wholemeal bread, nuttelex</p> <p>Lactose free: Alternative lactose free cheese</p> <p>Milk or Water to Drink</p> <p>Lactose free: alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk including coconut milk and lactose free cheese</p>	<p>Main Meal</p> <p>Asian styled noodles stir fry Ingredients: pork, carrots, zucchini, broccoli, capsicum, onions, peas, corn, spinach, garlic, soy sauce, hokkien noodles, ginger, spinach</p> <p>Vegetarian</p> <p>Veg Asian stir fry Ingredients: as above with tofu no pork</p> <p>Allergy</p> <p>Egg Free Ingredients: as above</p> <p>Lactose free alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk - coconut milk & lactose free cheese</p> <p>2nd Course</p> <p>Seasonal Fruit & Vegetable Platter</p> <p>Ingredients: watermelon, mandarin, carrot, rock melon, apple, oranges</p> <p>Water to Drink</p>	<p>Buckwheat and berry losf and Banana Smoothie Ingredients: buckwheat, baking powder, blueberries, self raising flour, apple cider vinegar Smoothie banana, milk and yoghurt</p> <p>Egg Free Ingredients: as above</p> <p>Lactose free alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk including coconut milk and lactose free cheese</p> <p>Milk or Water to Drink</p>	
Tuesday	<p>Seasonal Fruit & Vegetable Platter Ingredients: watermelon, apple, carrots, cheese and oranges</p> <p>Milk or Water to Drink</p> <p>Lactose free: alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk including coconut milk and lactose free cheese</p>	<p>Main Meal</p> <p>Chili con carne with rice Ingredients: rice, onions, carrots, celery, red capsicum, olive oil, chili powder, ground cumin, garlic, beef mince, red kidney beans crushed tomatoes,</p> <p>Vegetarian</p> <p>Chili Veg Ingredients: as above using red kidney beans and no beef mince</p> <p>Allergy</p> <p>Egg Free Ingredients: as above</p> <p>Lactose free alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk -coconut milk and lactose free cheese</p> <p>2nd Course</p> <p>Seasonal Fruit & Vegetable Platter</p> <p>Ingredients: apple, banana, carrot, pear, strawberries, oranges</p> <p>Water to Drink</p>	<p>Cheesy melts Ingredients: English muffins, tomato puree, cheese</p> <p>Egg Free Ingredients: as above</p> <p>Lactose free alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk including coconut milk and lactose free cheese</p> <p>Milk or Water to Drink</p>	
Wednesday	<p>Seasonal Fruit & Vegetable Platter Ingredients: carrots, cheese, apple, rock melon, oranges, and pear</p> <p>Milk or Water to Drink</p> <p>Lactose free: alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk including coconut milk and lactose free cheese</p>	<p>Main Meal</p> <p>Chicken, potato and sweet corn soup and bread rolls</p> <p>Ingredients: oil, onions, garlic, chicken, potato, chicken stock, corn kernels, parsley, bread rolls</p> <p>Vegetarian</p> <p>Veg soup Ingredients: as above no chicken instead with chickpeas</p> <p>Allergy</p> <p>Egg Free Ingredients: as above</p> <p>Lactose free alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk including coconut milk and lactose free cheese</p> <p>2nd Course</p> <p>Seasonal Fruit & Vegetable Platter Ingredients: watermelon, mandarin, carrot, strawberries, apple, pear</p> <p>Water to Drink</p>	<p>Yoghurt and sliced banana Ingredients: Yoghurt and sliced banana</p> <p>Egg Free Ingredients: as above</p> <p>Lactose free: alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, lactose free cheese</p> <p>Milk or Water to Drink</p>	
Thursday	<p>Yoghurt and sliced strawberries Ingredients: vanilla yoghurt and sliced strawberries</p> <p>Milk or Water to Drink</p> <p>Lactose free: alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk including coconut milk and lactose free cheese</p>	<p>Main Meal</p> <p>Creamy tuna pasta Ingredients: pasta, broccoli, corn kernels, carrot, tuna, cheese, milk, corn flour, tuna</p> <p>Vegetarian</p> <p>Veg tuna pasta Ingredients: as above lentils instead of tuna</p> <p>Allergy</p> <p>Egg Free Ingredients: as above</p> <p>Lactose free alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk - coconut milk and lactose free cheese</p> <p>2nd Course</p> <p>Seasonal Fruit & Vegetable Platter</p> <p>Ingredients: apple, banana, carrot, pear, rock melon, oranges</p> <p>Water to Drink</p>	<p>Mixed Sandwiches Ingredients: vegemite, nutelex, cheese, wholemeal bread</p> <p>Milk or Water to Drink</p> <p>Egg Free Ingredients: as above</p> <p>Lactose free: alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk including coconut milk and lactose free cheese and coconut milk</p> <p>Milk or Water to Drink</p>	
Friday	<p>Seasonal Fruit & Vegetable Platter Ingredients: carrots, cheese, apple, watermelon, oranges, and pear</p> <p>Milk or Water to Drink</p> <p>Lactose free: alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk including coconut milk and lactose free cheese</p>	<p>Meal</p> <p>Vegetarian Lasagne Ingredients: red lentils onions, carrot, celery, zucchini, oil, crushed tomatoes, garlic, basil, Oregano, spinach, cheese, lasagna sheets, ricotta cheese</p> <p>Vegetarian</p> <p>As above Ingredients: as above</p> <p>Allergy</p> <p>Egg Free Ingredients: as above</p> <p>Lactose free alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk including coconut milk and lactose free cheese</p> <p>2nd Course</p> <p>Yoghurt and two fruits Ingredients: yoghurt and two fruits</p> <p>Water to Drink</p>	<p>Banana Bread and lemon myrtle Ingredients: banana, flour, oil, coconut milk, cider vinegar, baking powder. (lemon myrtle)</p> <p>Egg Free Ingredients: as above</p> <p>Lactose free alternative milk used based on children's individual requirements – soy milk, lactose free milk, rice milk, oat milk and A2 milk including coconut milk and lactose free cheese</p> <p>Milk or Water to Drink</p>	

Late Snack Served Daily 4.45/5.00pm to 5.10pm

Ingredients: Seasonal Fruit Platter – usually consisting of pear, apple, banana **Water to Drink**

Our Weekly Menu is adapted to cater for children with allergies and dietary requirements e.g. Vegetarian Meals, Egg Free Meals, Dairy Free Meals
Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs
Each Daily Menu offers the required 50% of the children's' recommended dietary intake