

Adelaide Eastern Community Childcare Centre

Week 1 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers
Lunch	Tuna Mornay Pasta Broccoli	Meatloaf, boiled potatoes and seasonal veg	Chicken Stirfry Hokkien Noodles	Zucchini Slice Wholemeal bread	Ham Rolls Salad
Afternoon Tea	Yoghurt Fruit Salad Fresh Fruit	Apple Cake Fresh Fruit	Assorted sandwiches Fresh Fruit	Banana Loaf Fresh Fruit	Mini Pizzas Fresh Fruit

Late snack served daily between 4:30-5pm, either left over afternoon tea or crackers.

Children with allergies or special food requirements are taken into account daily and alternative meals provided when necessary.

Please Note: Menu may change due to weather or food availability.

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Week 2 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers
Lunch	Ham and Pineapple Pizza	Spaghetti Bolognese Garlic Bread	Chicken Cous Cous	Cottage Pie Seasonal Vegetables	Mac Cheese Broccoli
Afternoon Tea	Fruit Loaf Fresh Fruit	Banana Oat Cookies Fresh Fruit	Dip and Veg Platter Fresh Fruit	Orange & Poppyseed Cake Fresh Fruit	Toasted Crumpets Fresh Fruit

Late snack served daily between 4:30-5pm, either left over afternoon tea or crackers.

Children with allergies or special food requirements are taken into account daily and alternative meals provided when necessary.

Please Note: Menu may change due to weather or food availability.

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Week 3 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers
Lunch	Assorted Sandwiches	Beef Chow Mein and Rice Noodles	Thai Chicken Curry and Rice	Bobotie with yellow rice	Spinach and Ham Slice
Afternoon Tea	Custard and Tinned Fruit Fresh Fruit	Pumpkin Bread Fresh Fruit	Vegetable Pikelets Fresh Fruit	Carrot and Pineapple Cake Fresh Fruit	Open Cheese and Vegemite sandwiches Fresh Fruit

Late snack served daily between 4:30-5pm, either left over afternoon tea or crackers.

Children with allergies or special food requirements are taken into account daily and alternative meals provided when necessary.

Please Note: Menu may change due to weather or food availability.

Adelaide Eastern Community Childcare Centre

Week 4 Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers	Fresh Fruit, cheese and crackers
Lunch	Ham and Pineapple Pizza	Tomato, Chicken and Brown Rice with assorted veg	Cheats Lasagne	Morrocan Chicken	Mac and Cheese with Broccoli
Afternoon Tea	Fruit Bread Fresh Fruit	Fruity Morning Fresh Fruit	Open Cheese and Vegemite sandwiches Fresh Fruit	No sugar choc slice Fresh Fruit	Oat cookies Fresh Fruit

Late snack served daily between 4:30-5pm, either left over afternoon tea or crackers.

Children with allergies or special food requirements are taken into account daily and alternative meals provided when necessary.

Please Note: Menu may change due to weather or food availability.