

Little Coast Kids Kanwal

Week 1 –Winter Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of cereals offered to all children before 8am or those who are hungry before morning tea				
Morning Tea	Wholemeal Toast with Tomato/Avocado Seasonal Fruit Platter Milk	Wholemeal Crumpets with spreads Seasonal Fruit & Vegetable Platter Milo Milk	French Onion & Beetroot Dips with cheese, biscuits & vegetable sticks Milo Milk	Wholemeal Toast with spreads Seasonal Fruit & Vegetable Platter Milo Milk	Wholemeal English Muffins topped with Baked Beans/Spaghetti Seasonal Fruit & Vegetable Platter Milk
Lunch	Kangaroo & Beef Mince Lasagne with Garden Salad Water	Honey Mustard Chicken with vegetables with Pasta Shells Water	Beef Casserole with vegetables and steamed rice Water	Zucchini Slice Topped with Bacon strips & served with buttered wholemeal bread Water	Moroccan Lamb with Couscous & Salad Water
Dessert	Custard & Peaches	Assorted Yogurts	Custard Cones	Vanilla Yogurt & strawberry salsa	Assorted Yogurts
Afternoon Tea	Fairy Pikelets with sprinkles & spreads Milk/Water	Raisin Bread with spreads Milk/Water	Raisin Toast with spreads Seasonal Fruit Platter Milk/Water	Corn thins with spreads & Seasonal Fruit Platter Milk/Water	Banana & Sultana Muffins Milk/Water
Supper	Children attending after 5pm will be offered Sandwich triangles or biscuits				
All Day	Fruit Bowls available in each room- children encouraged to bring in one piece of fruit each day they attend for the room fruit bowl Children each have their own drink bottle in the room and regularly take water breaks				

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Week 2 –Winter Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of cereals offered to all children before 8am or those who are hungry before morning tea				
Morning Tea	Wholemeal Crumpets with spreads Seasonal Fruit & Vegetable Platter Milk	Wholemeal English Muffins with spreads Seasonal Fruit & Vegetable Platter Milo Milk	Wholemeal Toast with spreads Seasonal Fruit & Vegetable Platter Milk	Raisin Toast with spreads Seasonal Fruit & Vegetable Platter Milo Milk	Wholemeal Toast with Fresh Tomato/Cheese Seasonal Fruit Platter Milk
Lunch	Mini Beef Pies with Sweet Potato Mash, Peas and Corn cob Water	Chicken and Vegetable Stir-Fry served with wholegrain noodles Water	Bangers & Mash Beef sausages with Potato Mash & Vegetables Water	Pizza Selection Ham & Pineapple/ BBQ Chicken/ Cheese & Vegemite pizza on Lebanese bread/English muffins (0-3yrs) Served with Salad Water	Tomato Glazed Meatloaf with jacket potatoes, corn cobs & peas Water
Dessert	Assorted Yogurts	Custard & Sprinkles	Custard & Peaches	Vanilla Yogurt & strawberry salsa	Yogurt & Biscuit
Afternoon Tea	Sultana Muffins & Ants on a Log (celery sticks with cream cheese and sultanas) Milk/Water	Sao's with spreads Milk/Water	Rice Cakes with spreads Milk/Water	Weetbix slice Milk/Water	Cheese & Biscuits jatz/ritz Milk/Water
Supper	Children attending after 5pm will be offered Sandwich triangles or biscuits				
All Day	Fruit Bowls available in each room- children encouraged to bring in one piece of fruit each day they attend for the room fruit bowl Children each have their own drink bottle in the room and regularly take water breaks				

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Week 3 – Winter Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of cereals offered to all children before 8am or those who are hungry before morning tea				
Morning Tea	Wholemeal Toast with Fresh Tomato/Cheese Seasonal Fruit Platter Milk	Wholemeal Crumpets with spreads Seasonal Fruit & Vegetable Platter Milk	Wholemeal English Muffins with spreads Seasonal Fruit & Vegetable Platter Milo Milk	Raisin Toast with spreads Seasonal Fruit & Vegetable Platter Milo Milk	Wholemeal Toast with spreads Seasonal Fruit & Vegetable Platter Milo Milk
Lunch	Savoury Lamb Tartlets Sweet Potato Mash & Steamed Vegetables Water	Beef Burritos with mixed salad toppings Water	Macaroni Cheese baked with broccoli florets and bacon Water	Sandwich Platters Salad Sandwiches/ Cold Red Deli Meats/ Egg & Lettuce/ Spaghetti & Baked Beans/ Cheese/Vegemite Water	Tuna Bake with corn served with steamed greens Water
Dessert	Stewed Apple & Custard with sweet biscuit crumb	Assorted Yogurts	Custard & Peaches	Vanilla Yogurt & strawberry salsa	Custard Cones
Afternoon Tea	Cheese & Vegemite scrolls Milk/Water	Sao's with spreads Milk/Water	Weetbix Slice with Dried Fruits Milk/Water	Mini Blueberry/Apple Cinnamon Muffins Milk/Water	Cruskits with spreads Milk/Water
Supper	Children attending after 5pm will be offered Sandwich triangles or biscuits				
All Day	Fruit Bowls available in each room- children encouraged to bring in one piece of fruit each day they attend for the room fruit bowl Children each have their own drink bottle in the room and regularly take water breaks				

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Week 4 –Winter Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of cereals offered to all children before 8am or those who are hungry before morning tea				
Morning Tea	Dry Cereals Seasonal Fruit & Vegetable Platter Milo Milk	Wholemeal English Muffins with spreads Seasonal Fruit & Vegetable Platter Milk	Wholemeal Crumpets with spreads Seasonal Fruit & Vegetable Platter Milo Milk	Raisin Toast with spreads Seasonal Fruit & Vegetable Platter Milo Milk	Wholemeal Toast with spreads Seasonal Fruit & Vegetable Platter Milo Milk
Lunch	Salmon Patty Burgers with Baby Spinach Water	Spaghetti Bolognaise Beef Mince with invisible Veg. with grated cheese Water	Chicken & Vegetable Pie baked with mash potato and cheese, served puff pastry shapes Water	Corned Beef Silverside with Mashed Potato and Vegetables Water	Sandwich Platters Salad Sandwiches/ Cold Red Deli Meats/ Egg & Lettuce/ Spaghetti & Baked Beans/ Cheese/Vegemite Water
Dessert	Assorted Yogurts	Custard Cones	Assorted Yogurts	Yogurt & Arrowroot Biscuit	Stewed Apple & Custard with sweet biscuit crumb
Afternoon Tea	Weetbix slice & dried fruits Milk/Water	Mini Carrot Cake muffins Milk/Water	Rice cakes with spreads Milk/Water	Cruskits with spreads Milk/Water	Savoury Pizza Scrolls Ham, cheese & tomato paste Milk/Water
Supper	Children attending after 5pm will be offered Sandwich triangles or biscuits				
All Day	Fruit Bowls available in each room- children encouraged to bring in one piece of fruit each day they attend for the room fruit bowl Children each have their own drink bottle in the room and regularly take water breaks				