



Early Learning Services  
Committed to Child Care

**West Ryde**

# Week 1 Menu



Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	Yogurt With fresh fruit salad	Raisin toast With fresh fruit salad	Baked beans and toast With fresh fruit salad	Raisin toast With fresh fruit salad	Yogurt With fresh fruit salad
<b>Lunch</b>	Lamb and vegetable curry served with rice  Alternative: Vegetable and chickpea curry served with rice	Vegetable minestrone soup with macaroni pasta and garlic bread	Chicken and vegetable stir fry served with hokkien noodles.  Alternative: Vegetable and mixed bean stir fry with hokkien noodles	Beef Bolognese served with pasta  Alternative: Lentil Bolognese served with pasta	Tuna and vegetable mornay served with pasta  Alternative: Mixed bean and vegetable mornay with pasta
<b>Afternoon Tea</b>	Wholemeal flatbread with tzatziki dip and cheese cubes With fresh vegetable platter	Yogurt and mixed berries With fresh vegetable platter	Cheese and vegemite pastry scrolls With fresh vegetable platter	Apple and cinnamon muffins With fresh vegetable platter	Wholemeal pancakes With fresh vegetable platter