



Early Learning Adventures



# Wholefood Nutritional Menu Plan

SUMMER

## SUMMER MENU 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<p>Selection of cereals with milk and yoghurt.</p> <p>Wholemeal toast. -Banana -Honey -Vegemite -Homemade jam</p>	<p>Selection of cereals with milk and yoghurt.</p> <p>Cacao, seed, coconut and date Bliss Balls.</p>	<p>Selection of cereals with milk and yoghurt.</p> <p>Spelt Ricotta Hotcakes. Served with pure maple syrup.</p>	<p>Selection of cereals with milk and yoghurt.</p> <p>Green smoothie with banana and honey.</p>	<p>Selection of cereals with milk and yoghurt.</p> <p>Homemade baked beans with wholemeal toast.</p>
<b>Morning Tea</b>	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits. Served with milk & maple cinnamon yoghurt.	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits. Served with milk
<b>Lunch</b>	Roast chicken with steamed broccoli, coleslaw fresh herbs and homemade soy mayonnaise.	Baked rice crumbed Barramundi fillet served with dill and mint peas and chat potatoes.	Slow roasted beef noodle salad with a rainbow of fresh vegetables on the side and sweet soy dressing.	Sushi/Rice paper rolls.	Zucchini spinach and ricotta roll served with homemade tomato and apple relish.
<b>Vegetarian Option</b>	Lentil and carrot filo with steamed broccoli, coleslaw and fresh herbs.	Zucchini, chickpea and haloumi fritter with mint peas and chat potatoes.	Tofu noodle salad with a rainbow of vegetables on the side.	Vegetarian options available.	As above
<b>Afternoon Tea</b>	House beetroot dip with veggie sticks crisp pitta bread and cheese.	Frozen yoghurt with fresh fruit salad.	House beetroot dip with veggie sticks crisp pitta bread and cheese.	Carrot and cheese muffins.	Date, oat and cranberry slice.



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## Wholefood Nutritional Menu Plan

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### SUMMER MENU 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals with milk and yoghurt.  Cheesy Veggie Muffins.	Selection of cereals with milk and yoghurt.  Homemade baked beans.	Selection of cereals with milk and yoghurt.  Spelt Ricotta Hotcakes. Served with pure maple syrup.	Selection of cereals with milk and yoghurt.  Wholemeal toast. -Banana -Honey -Vegemite -Homemade jam	Selection of cereals with milk and yoghurt.  Banana, nutmeg and honey smoothie.
<b>Morning Tea</b>	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits. Served maple cinnamon yoghurt.	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits.	Selection of 5 seasonal fruits. Served with milk.
<b>Lunch</b>	Rigatoni with basil and parsley pesto and roast tomatoes. Served with parmesan cheese.	Slow roasted beef and gravy served with a ½ corn on the cob and potato wedges.	Roma tomato curry with roti bread and yoghurt and brown rice.	Chicken and pea risotto with fresh diced tomato and basil. Served with parmesan cheese.	Calamari and vegetable stir-fry with ginger and garlic. Served with rice.
<b>Vegetarian Option</b>	As above	Fried honey soy tofu.	As above	Pea and asparagus risotto.	Marinated tofu and vegetable stir-fry.
<b>Afternoon Tea</b>	Goji Muesli slice served with milk.	House Hummus dip with veggie sticks crisp pitta bread and cheese.	Homemade strawberry popsicles with a side of cheese and crackers.	Orange and poppy seed muffins served with milk.	House Hummus dip with veggie sticks crisp pitta bread and cheese.



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### SUMMER MENU 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Selection of cereals with milk and yoghurt.  Mango Smoothie.	Selection of cereals with milk and yoghurt.  Berry and Flaxseed smoothie.	Selection of cereals with milk and yoghurt.  Wholemeal toast. -Banana -Honey -Vegemite -Homemade jam	Selection of cereals with milk and yoghurt.  Homemade baked beans with wholemeal toast.	Selection of cereals with milk and yoghurt.  Spelt Ricotta Hotcakes. Served with pure maple syrup.
<b>Morning Tea</b>	Selection of 5 seasonal fruits. Served with milk and maple cinnamon yoghurt.	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits. Served with milk.
<b>Lunch</b>	Baked barramundi served with baked sweet potato wedges and lemon.	Fragrant coconut eggplant curry with rice.	Slow roasted lemon and herb lamb with a Greek salad.	Vegetarian Lasagna with a fresh green side salad.	Taco's with a selection of fresh salads, cooked beans, beef, and corn shells.
<b>Vegetarian Option</b>	Vegetarian option available	As above	Lemon and herb fried tofu with a Greek salad.	As above	As above
<b>Afternoon Tea</b>	House sweet potato dip with veggie sticks crisp pitta bread and cheese.	Date and pumpkin seed slice served with milk.	Carrot and cheese savoury muffins.	Napoli and cheese and pinwheels with a cold cucumber cuts on the side.	House sweet potato dip with veggie sticks crisp pitta bread and cheese.



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# Wholefood Nutritional Menu Plan

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## SUMMER MENU 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<p>Selection of cereals with milk and yoghurt.</p> <p>Apple Bircher Muesli with cinnamon and honey.</p>	<p>Selection of cereals with milk and yoghurt.</p> <p>Wholemeal toast. -Banana -Honey -Vegemite -Homemade jam</p>	<p>Selection of cereals with milk and yoghurt.</p> <p>Banana and Nutmeg Smoothie.</p>	<p>Selection of cereals with milk and yoghurt.</p> <p>Spelt Ricotta Hotcakes. Served with pure maple syrup and fresh strawberries.</p>	<p>Selection of cereals with milk and yoghurt.</p> <p>Cacao, coconut and date bliss balls.</p>
<b>Morning Tea</b>	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits. Served with milk & maple cinnamon yoghurt	Selection of 5 seasonal fruits. Served with milk.
<b>Lunch</b>	Spiced Pumpkin and turmeric rice pilaf with Raisins.	Brown rice roast chicken and broad bean salad.	Vegetarian honey soy Udon noodle stir-fry.	Slow roasted apple spiced pork with Russian potato salad.	Tuna and tomato rigatoni with zucchini capers and fresh basil. Served with parmesan cheese.
<b>Vegetarian Option</b>	As above	Vegetarian fried rice and broad bean salad.	As above	Spiced roasted tofu with potato salad and steamed broccoli.	Tomato rigatoni with zucchini capers and fresh basil.
<b>Afternoon Tea</b>	Raspberry and yoghurt cake with milk.	Vegan seeds and sultana's brownie slice served with milk.	House Avocado dip with veggie sticks crisp pitta bread and cheese.	House avocado dip with veggie sticks crisp pitta bread and cheese.	Homemade jam scrolls.



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\*Milk is served during morning tea. \*Water is always available throughout the day.

Summer Seasonal Vegetables	Summer Seasonal Fruits
Carrots Cucumber Capsicums Cherry tomatoes Celery Green beans Radish Broccoli Eggplant Peas Sweet corn Zucchini Tomatoes Lettuce	Berries: strawberries, blueberries, raspberries Figs Limes Lychees Mango Melons Pineapples Peaches Pears Oranges Passionfruit Grapes Nectarines