



Early Learning Adventures



Wholefood Nutritional Menu Plan

AUTUMN

AUTUMN MENU 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with milk & yoghurt or Wholemeal toast. -Banana -Honey -Vegemite -Homemade jam	Selection of cereals with milk & yoghurt. Or Stewed Apple and Rhubarb with plain yoghurt	Selection of cereals with milk & yoghurt. Or Semolina and Honey Porridge with Cinnamon	Selection of cereals with milk & yoghurt. Or a Cheese & Corn Breakfast Muffin	Selection of cereals with milk & yoghurt. Or a Banana & Nutmeg Smoothie.
Morning Tea	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 maple cinnamon yoghurt	Selection of 5 seasonal fruits. Served with milk
Lunch	Lemon & Thyme Roast Chicken w Peas, Potatoes & Gravy	Lamb, Zucchini & Rosemary Sausage Roll w Relish & Cucumber Salad	Green Split Pea & Ham Soup with Wholemeal Bread.	Fish curry in coconut sauce served with rice.	Home Made Gnocchi w Pumpkin Sauce Fresh Basil & Parmesan
Vegetarian Option	Lemon & Thyme Roasted Pumpkin with Peas & Potatoes.	Vegetable Roll	Vegetarian Split Pea soup	Vegetable curry in coconut sauce served with rice	As above
Afternoon Tea	Vegie Sticks with House-made Hummus Dip & Pitta Crisps	Frozen Yoghurt with Mixed Seasonal Berries	Banana & Date Bread with Milk	Cacao and date Fudge cake	Vegie Sticks with House-made Hummus Dip & Pitta Crisps



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AUTUMN MENU 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with milk & yoghurt. Stewed Apple and Rhubarb with plain yoghurt	Selection of cereals with milk & yoghurt Wholemeal toast. -Banana -Honey -Vegemite -Homemade jam	Selection of cereals with milk & yoghurt. Cheese & Corn Breakfast Muffin	Selection of cereals with milk & yoghurt. Semolina and Honey Porridge with Cinnamon	Selection of cereals with milk & yoghurt. Banana, Nutmeg & Honey Smoothie
Morning Tea	Selection of 5 seasonal fruits served with 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
Lunch	Herbed Pea Macaroni with tomatoes and Parmesan Cheese	Green Thai Chicken Curry with Brown Rice	Fish and broccoli pie with a side of sweet potato wedges	Vegetable & Barley Soup with Homemade Quinoa Bread	Thyme & Vegetable Beef Meat Loaf with Steamed Veg & Relish
Vegetarian Option	As Above	Thai Green eggplant & potato Curry	Autumn Vegetables with Cheese Sauce	As Above	Seeds And Vegetable Loaf
Afternoon Tea	Vegan Brownie with Sunflower & Pumpkin Seeds	Vegie Sticks with House-made Beetroot Dip & Pitta Crisps	Home-made Jam Scrolls	Vegie Sticks with House-made Beetroot Dip & Pitta Crisps	Raspberry and coconut muffins



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AUTUMN MENU 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with milk & yoghurt. Blueberry and Flaxseed Smoothie with Rice malt	Selection of cereals with milk & yoghurt. Cheese & Corn Breakfast Muffin	Selection of cereals with milk & yoghurt Wholemeal toast. -Banana -Honey -Vegemite -Homemade jam	Selection of cereals with milk & yoghurt. Stewed Apple and Rhubarb with plain yoghurt	Selection of cereals with milk & yoghurt. Wholemeal toast. -Banana -Honey -Vegemite -Homemade jam
Morning Tea	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.	Selection of 5 seasonal fruits. Served with milk.
Lunch	Pumpkin Apple & Sage Soup with Fresh Bread	Vegetable Pasties with Homemade Relish	Beef & Barley Risotto with Kale	Slow Roast Lemon & Oregano Lamb with Vegetable & Gravy	Spinach and ricotta cannelloni with Napoli sauce
Vegetarian Option	As above	As above	Kale & Broccoli Barley Risotto	Grilled Tofu with Roast Vegetables	As above
Afternoon Tea	Raw Date & Oat Bars with Milk	Ricotta & Vanilla Honey Pear Pudding	Vegie Sticks with Nut-free Pesto Dip & Pitta Crisps	Upside Down Blood Plum Cake	Maple and oat scones with whipped ricotta



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Wholefood Nutritional Menu Plan

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AUTUMN MENU 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Selection of cereals with milk & yoghurt or a Mixed Berry Smoothie with Honey	Selection of cereals with milk & yoghurt. Or a Cheese & Corn Breakfast Muffin	Selection of cereals with milk & yoghurt. Or Stewed Apple and Rhubarb with plain yoghurt	Selection of cereals with milk & yoghurt or Wholemeal toast. -Banana -Honey -Vegemite -Homemade jam	Selection of cereals with milk & yoghurt. Or Semolina and Honey Porridge with Cinnamon
Morning Tea	Selection of 5 seasonal fruits. Served with milk.	Selection of 5 seasonal fruits served with 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.
Lunch	Slow Roast Pork Shoulder with Roast Veg	Baked Fish & Green Beans & Roast Potatoes	Broccoli & Kale Soup with Fresh Whole Wheat Bread	Baked Leek & Mushroom Risotto with Lemon & Thyme Risotto. Served with Parmesan Cheese	Chicken & Brown Rice Salad with Avocado & Baby Spinach
Vegetarian Option	Vegetable Stir-fry	Pan Fried Tofu	As above	As above	Chickpea Brown Rice Avocado Salad
Afternoon Tea	Lemon & Polenta Cake	Vegan Banana Shortbread with Milk	Veggie Sticks with Avocado Dip & Pitta Crisps	Apple crumble with yoghurt	Veggie Sticks with Avocado Dip & Pitta Crisps



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

Autumn Seasonal Vegetables	Autumn Seasonal Fruits
Asian greens Cabbage Capsicum Daikon Eggplant Carrots Celery Capsicums Cherry tomatoes Garlic Broccoli Eggplant Peas Spinach Spring onion Sweet corn Zucchini Tomatoes Lettuce Leek Onions Potatoes Pumpkin Zucchini	Berries: strawberries, blueberries, raspberries Figs Limes Grapes Honeydew melon Rockmelon Watermelon Peach Pears Persimmons Plums Nectarines Pomegranate Rhubarb Nashi



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