



WHOLEFOOD NUTRITIONAL MENU

AUTUMN MENU 1

	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana Honey Vegemite Homemade jam	Selection of 5 seasonal fruits. Served with milk.	Lemon & Thyme Roast Chicken with Peas, Potatoes & Gravy	Lemon & Thyme Roasted Pumpkin with Peas & Potatoes	Veggie Sticks with House-made Hummus Dip & Pita Crisps
TUE	Selection of cereals with milk & yoghurt OR Stewed Apple and Rhubarb with plain yoghurt	Selection of 5 seasonal fruits. Served with milk.	Lamb, Zucchini & Rosemary Sausage Roll with Relish & Cucumber Salad	Spinach & Ricotta Pastie with Relish & Cucumber Salad	Frozen Yoghurt with Mixed Seasonal Berries
WED	Selection of cereals with milk & yoghurt OR Oat Porridge with Honey, Cinnamon & Banana.	Selection of 5 seasonal fruits. Served with milk.	Green Split Pea & Ham Soup with House made Wholemeal Bread	Vegetarian Split Pea soup with House made Wholemeal Bread	Banana Bread with Milk
THU	Selection of cereals with milk & yoghurt OR Cheese & Corn Breakfast Muffin	Selection of 5 seasonal fruits served with maple cinnamon yoghurt	Tacos with a selection of fresh salads, cooked beans, beef, yoghurt & corn shells.	Tacos with a selection of fresh salads, cooked beans, yoghurt & corn shells.	Muesli Slice with Milk
FRI	Selection of cereals with milk & yoghurt OR Banana & Nutmeg Smoothie	Selection of 5 seasonal fruits. Served with milk.	Pumpkin gnocchi with parsley & spinach pesto	Pumpkin gnocchi with parsley & spinach pesto	Housemade Tzatziki with Pita Crisps & Carrot Sticks



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

Menu designed by Nutritionist Dr Lauren Burns (PhD, BHSc) and the Chefs at Niño Early Learning Adventures



WHOLEFOOD NUTRITIONAL MENU

AUTUMN MENU 2



	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Stewed Apple & Cinnamon Pots	Selection of 5 seasonal fruits. served with maple cinnamon yoghurt.	Rigatoni with tomato, sausage and kale	Rigatoni with tomato and kale	Apple and Rhubarb Crumble with Custard
TUE	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana Honey Vegemite Homemade jam	Selection of 5 seasonal fruits. Served with milk.	Butter chicken, served with rice and papadams	Butter paneer, served with rice and papadams	Veggie Sticks with House-made Tzatziki Dip and Pitta Crisps
WED	Selection of cereals with milk & yoghurt OR Cheese and Corn Breakfast Muffin	Selection of 5 seasonal fruits. Served with milk.	Autumnal vegetables and cheese pie with a side of sweet potato wedges	Autumnal vegetables and cheese pie with a side of sweet potato wedges	Raspberry and coconut muffins
THU	Selection of cereals with milk & yoghurt OR Oat Porridge with Honey, Cinnamon and Banana	Selection of 5 seasonal fruits. Served with milk.	Vegetable & Barley Soup with Homemade Quinoa Bread	Vegetable & Barley Soup with Homemade Quinoa Bread	Housemade Tzatziki with Pita Crisps and Carrot Sticks
FRI	Selection of cereals with milk & yoghurt OR Banana, Nutmeg & Honey Smoothie	Selection of 5 seasonal fruits. Served with milk.	Thyme & Vegetable Beef Meat Loaf with Steamed Veg & Relish	Seeds and Vegetable Loaf	Coconut and Chia Pudding with Berries



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WHOLEFOOD NUTRITIONAL MENU

AUTUMN MENU 3



	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Blueberry and Flaxseed Smoothie with Rice malt.	Selection of 5 seasonal fruits. Served with milk.	Chicken & Brown Rice Salad with Avocado and Baby Spinach	Chickpea Brown Rice Avocado Salad	Apple Strudel
TUE	Selection of cereals with milk & yoghurt OR Stewed Apple and Rhubarb with plain yoghurt	Selection of 5 seasonal fruits. Served with milk.	Slow Roast Lemon & Oregano Lamb with Vegetable & Gravy	Grilled Tofu with Vegetables	Upside Down Blood Plum Cake
WED	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana Honey Vegemite Homemade jam	Selection of 5 seasonal fruits. Served with maple cinnamon yoghurt.	Beef & Barley Risotto with Kale	Kale & Broccoli Barley Risotto	Veggie Sticks with Nut-free Pesto Dip and Pitta Crisps
THU	Selection of cereals with milk & yoghurt OR Cheese and Corn Breakfast Muffin	Selection of 5 seasonal fruits. Served with milk.	Vegetable Pasties with Homemade Relish	Vegetable Pasties with Homemade Relish	Apple and Rhubarb Crumble with Custard
FRI	Selection of cereals with milk & yoghurt OR Oat Porridge with Honey, Cinnamon & Banana.	Selection of 5 seasonal fruits. Served with milk	Spinach and Ricotta Cannelloni with Napoli Sauce	Spinach and Ricotta Cannelloni with Napoli Sauce	Coconut & Milk Pudding



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WHOLEFOOD NUTRITIONAL MENU

AUTUMN MENU 4



	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Oat Porridge with Honey, Cinnamon & Banana	Selection of 5 seasonal fruits. Served with milk.	Baked ricotta, asparagus, cherry tomatoes and risoni salad.	Chickpea Brown Rice Avocado Salad	Housemade Beetroot Dip with Pita Crisps and Carrot Sticks
TUE	Selection of cereals with milk & yoghurt OR Mixed Berry Smoothie with Honey	Selection of 5 seasonal fruits. Served with milk.	Syrian chicken with cous cous	Syrian style stew with carrot and potato with cous cous	Lemon and Polenta Cake
WED	Selection of cereals with milk & yoghurt OR Stewed Apple and Cinnamon Pots	Selection of 5 seasonal fruits. Served with milk.	Baked Fish & Green Beans & Roast Potatoes	Pan Fried Tofu	Banana Bread with Milk
THU	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana Honey Vegemite Homemade jam	Selection of 5 seasonal fruits. Served with milk.	Meatballs in Napoli & broccoli sauce served with crusty bread	Lentil and mushroom balls	Spiced Carrot Cake
FRI	Selection of cereals with milk & yoghurt OR Cheese and Corn Breakfast Muffin	Selection of 5 seasonal fruits. Served with maple cinnamon yoghurt.	Broccoli & Kale Soup with Fresh Whole Wheat Bread	Broccoli & Kale Soup with Fresh Whole Wheat Bread	Apple Strudel



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