



WHOLEFOOD NUTRITIONAL MENU

SUMMER 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.	Penne bolognaise with lamb and a variety of vegetables served with parmesan cheese.	Penne Napoli with Parmesan cheese.	House made avocado dip served with veggie sticks and cheese squares. Veggies: carrots, celery, green beans, cucumber, and cauliflower.
TUE	Selection of cereals with milk & yoghurt OR Chia coconut puddings with fresh berries	Selection of 5 seasonal fruits. Served with milk.	Chicken and barley soup, with leek carrot & peas. Served with crusty homemade quinoa bread.	Lentil and barley soup, with leek carrot & peas. Served with crusty homemade quinoa bread.	House oven baked chunky potato wedges seasoned with a sprinkle of herbs and salt. Served house made tomato & apple relish & sour cream.
WED	Selection of cereals with milk & yoghurt OR Spelt ricotta hotcakes with pure maple syrup.	Selection of 5 seasonal fruits. Served with milk & maple cinnamon yoghurt.	Cottage cheese and potato kofta curry with rice.	Cottage cheese and potato kofta curry with rice.	Mango lassi served with a coconut cookie
THU	Selection of cereals with milk & yoghurt OR Green smoothie with banana & honey	Selection of 5 seasonal fruits. Served with milk.	Garlic and ginger chicken stir fry with a rainbow of spring vegetables served with steamed rice.	Garlic and ginger stir fry with a rainbow of spring vegetables served with steamed rice.	Zucchini and chocolate muffins
FRI	Selection of cereals with milk & yoghurt OR Homemade baked beans with wholemeal toast.	Selection of 5 seasonal fruits. Served with milk.	Baked fish with steamed broccoli, potato wedges, coleslaw and homemade soy mayonnaise.	Seed loaf with steamed broccoli, potato wedges, coleslaw and homemade soy mayonnaise.	Frozen yoghurt



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

SUMMER MENU 2



	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Apple Bircher muesli with cinnamon and honey.	Selection of 5 seasonal fruits. Served with milk.	Cottage cheese spanakopita, made with an abundance of fresh greens and herbs.	Cottage cheese spanakopita, made with an abundance of fresh greens and herbs.	Raspberry yoghurt cake
TUE	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.	House made chicken and thyme sausage rolls served with homemade tomato & apple relish.	Zucchini, spinach & ricotta rolls, served with homemade tomato & apple relish.	House made hummus dip, veggie sticks & cheese squares. Veggies: carrots, celery, green beans, cucumber, broccoli.
WED	Selection of cereals with milk & yoghurt OR Green smoothie with banana & honey.	Selection of 5 seasonal fruits. Served with milk.	Mac and cheese with cauliflower and fresh herbs. Gluten & dairy free option available.	Mac and cheese with cauliflower and fresh herbs. Gluten & dairy free option available.	Beetroot & chocolate brownies
THU	Selection of cereals with milk & yoghurt OR Spinach & cheese breakfast muffins (GF).	Selection of 5 seasonal fruits. Served with milk.	Rice crumbed baked barramundi with broccoli, carrot & cauliflower dressed with fresh lemon juice and olive oil.	Rice crumbed tofu	Orange and poppy seed muffins
FRI	Selection of cereals with milk & yoghurt OR Spelt ricotta hotcakes with pure maple syrup.	Selection of 5 seasonal fruits. Served with milk.	Leek and potato soup with homemade chia seed bread.	Leek and potato soup with homemade chia seed bread.	Mango lassi served with a coconut cookie



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

SUMMER MENU 3



	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Spelt ricotta hotcakes with pure maple syrup.	Selection of 5 seasonal fruits. Served with milk.	Slow roasted lemon and herb lamb served with a Greek salad	Lemon and herb tofu served with a Greek salad	Avocado & banana maple chocolate mousse.
TUE	Selection of cereals with milk & yoghurt OR Carrot & cheese muffins.	Selection of 5 seasonal fruits. Served with maple cinnamon yoghurt.	Fresh parsley and spinach pesto pasta with peas and lemon. Gluten free option available.	Fresh parsley and spinach pesto pasta with peas and lemon. Gluten free option available.	House made hummus dip, veggie sticks & cheese squares. Veggies: carrots, celery, green beans, cucumber, broccoli.
WED	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana Honey Vegemite Homemade jam	Selection of 5 seasonal fruits. Served with milk.	Beef noodle salad with a rainbow of fresh vegetables and sweet soy dressing	Noodle salad with a rainbow of fresh vegetables and sweet soy dressing	Nutmeg, oat and ginger cookies serve with a glass of golden milk.
THU	Selection of cereals with milk & yoghurt OR Green smoothie with banana & honey.	Selection of 5 seasonal fruits. Served with milk.	Chicken and herb rissoles with summer vegetables	Lentil and sweet potato rissoles	Orange and poppy seed muffins
FRI	Selection of cereals with milk & yoghurt OR Chia coconut puddings with fresh berries.	Selection of 5 seasonal fruits. Served with maple cinnamon yoghurt.	Silver beet and ricotta gnudi (big gnocchi) with Napoli sauce	Silver beet and ricotta gnudi (big gnocchi) with Napoli sauce	Raspberry yoghurt cake



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

SUMMER MENU 4



	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Chia coconut puddings with fresh berries.	Selection of 5 seasonal fruits. Served with milk.	Moroccan tagine chicken served with pearl couscous	Moroccan chickpea tagine with couscous	Apple and rhubarb crumble
TUE	Selection of cereals with milk & yoghurt OR Spelt ricotta hotcakes with pure maple syrup and fresh strawberries.	Selection of 5 seasonal fruits. Served with milk.	Rice Crumbed Baked Barramundi served with Asian greens	Rice crumbed tofu	Raspberry yoghurt cake
WED	Selection of cereals with milk & yoghurt OR Apple Bircher muesli with cinnamon and honey.	Selection of 5 seasonal fruits. Served with milk.	Chipolata Sausages, served with sweet potato & potato mash and fresh vegetables	Veggie patty served with sweet potato & potato mash and fresh vegetables	Frozen banana popsicles
THU	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana Honey Vegemite Homemade jam	Selection of 5 seasonal fruits. Served with milk.	Linguine with pesto	Linguine with pesto	House made beetroot dip served with veggie sticks & cheese squares. Veggies: carrots, celery, green beans, cucumber.
FRI	Selection of cereals with milk & yoghurt OR Green smoothie with banana & honey.	Selection of 5 seasonal fruits. Served with maple cinnamon yoghurt.	Sweet pumpkin, apple, and cauliflower soup with fresh homemade cornbread	Sweet pumpkin, apple, and cauliflower soup with fresh homemade cornbread	Orange and poppy seed muffins



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

