



# WHOLEFOOD NUTRITIONAL MENU

## WINTER 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.	Slow Roast Lamb with Roasted Potatoes Pumpkin & Gravy	Seed Loaf with Roasted Vegetables & Relish	Spiced Carrot & Sultana Muffins
TUE	Selection of cereals with milk & yoghurt OR Pumpkin Hotcakes with Maple Syrup	Selection of 5 seasonal fruits served with maple cinnamon yoghurt	Fried Rice with Vegetables & Beef Strips	Fried Rice with Vegetables & Tofu	Coconut & Raisin Muesli Slice with Milk
WED	Selection of cereals with milk & yoghurt OR Spinach & Cheese Breakfast Muffins	Selection of 5 seasonal fruits. Served with milk.	Silverbeet & Haloumi Pie, served with Potatoes & Parsley	Silverbeet & Haloumi Pie, served with Potatoes & Parsley	A Selection of Homemade California Rolls with Soy Sauce
THU	Selection of cereals with milk & yoghurt OR Oat porridge with honey & banana (optional)	Selection of 5 seasonal fruits. Served with milk.	Pumpkin Risotto	Pumpkin Risotto	Lemon Drizzle Cake
FRI	Selection of cereals with milk & yoghurt OR Banana & Nutmeg Smoothie	Selection of 5 seasonal fruits. Served with milk.	Macaroni Chicken Bolognese with fresh Basil & Parmesan Cheese	Macaroni with Mushroom & Vegetables with fresh Basil & Parmesan Cheese	Veggie Sticks with Pitta Crisps and Homemade Roast Capsicum, Cream Cheese Dip & Cheese Squares



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

## WINTER MENU 2



	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Banana & Nutmeg Smoothie	Selection of 5 seasonal fruits served with maple cinnamon yoghurt	Red Lentil Dahl with Brown Rice & Yoghurt	Red Lentil Dahl with Brown Rice & Yoghurt	Jam Drop Cookies with Homemade Jam
TUE	Selection of cereals with milk & yoghurt OR Oat Porridge with Honey & Banana (optional)	Selection of 5 seasonal fruits. Served with milk.	Shepherd's Pie - Lamb & Vegetable filling with Cauliflower Potato Top	Shepherd's Pie - Lentil & Vegetable filling with Cauliflower Potato Top	Date & Coconut Balls
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	Corned Beef served with braised corn, cabbage & gravy	Chickpea, Corn & Zucchini Patties with Vegetables	Veggie Sticks with Pitta Crisps & Homemade Pumpkin Dip, Green Olives and Cheese
THU	Selection of cereals with milk & yoghurt OR Waffles with Homemade Jam	Selection of 5 seasonal fruits. Served with milk.	Pasta Bake with Seven-Veg Napoli & Cheese	Pasta Bake with Seven-Veg Napoli & Cheese	Spiced Carrot & Sultana Muffins
FRI	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana   Honey   Vegemite   Homemade Jam	Selection of 5 seasonal fruits. Served with milk.	Chicken Loaf served with roast potatoes, peas & gravy	Pumpkin & Thyme Turmeric Rice Pilaf	Lemon Drizzle Cake



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# WHOLEFOOD NUTRITIONAL MENU

## WINTER MENU 3



	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Banana and Nutmeg Smoothie	Selection of 5 seasonal fruits. Served with milk.	Chicken, Mushroom & Thyme Risotto with Parmesan Cheese	Mushroom & Thyme Risotto with Parmesan Cheese	Spiced Fruit Buns
TUE	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana   Honey Vegemite   Homemade Jam	Selection of 5 seasonal fruits. Served with milk.	Minestrone Soup with Garlic & Herb Bread	Minestrone Soup with Garlic & Herb Bread	Jam Drop Cookies with Homemade Jam
WED	Selection of cereals with milk & yoghurt OR Pumpkin Hotcakes with Maple Syrup	Selection of 5 seasonal fruits served with maple cinnamon yoghurt	Pork & Fennel Sausages with Mash, Peas and Gravy	Veggie Patties with Peas and Mash	Veggie Sticks with Pitta Crisps and Homemade Avocado Dip and Cheese
THU	Selection of cereals with milk & yoghurt OR Waffles with Homemade Jam	Selection of 5 seasonal fruits. Served with milk.	Haloumi & Vegetable Curry, served with Yellow Rice & Yoghurt	Haloumi & Vegetable Curry, served with Yellow Rice & Yoghurt	Puffed Brown Rice, Coconut & Date Slice
FRI	Selection of cereals with milk & yoghurt OR Spinach and Cheese Muffins	Selection of 5 seasonal fruits. Served with milk.	A Selection of Homemade Pizzas	A Selection of Homemade Pizzas	Ginger & Orange Chia Muffins (made with boiled orange)



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# WHOLEFOOD NUTRITIONAL MENU

## WINTER MENU 4



	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Oat Porridge with honey & banana (optional)	Selection of 5 seasonal fruits. Served with milk.	Spiced Mexican Beef & Bean Chilli with Coriander & Corn Chips	Mexican Tomato & Bean Chilli with Rice	Veggie Sticks with Pitta Crisps & Homemade White Bean, Parsley, Yoghurt & Lemon Dip, Green Olives & Cheese
TUE	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana   Honey Vegemite   Homemade Jam	Selection of 5 seasonal fruits. Served with milk.	Chicken & Sweet Corn Noodle Soup	Sweet Corn Noodle Soup with Tofu	Rice Pudding
WED	Selection of cereals with milk & yoghurt OR Pumpkin Seed & Date Muffins	Selection of 5 seasonal fruits. Served with milk.	Lamb, Zucchini & Rosemary Sausage Roll with Relish & Cucumber Salad	Spinach, Zucchini & Ricotta Sausage Roll	Oatmeal & Raisin Cookies with Milk
THU	Selection of cereals with milk & yoghurt OR Banana & Nutmeg Smoothie	Selection of 5 seasonal fruits. Served with milk.	Japanese Chicken Curry served with short grain rice	Japanese Curry with cauliflower, carrot & tofu	Spiced Carrot & Sultana Muffins
FRI	Selection of cereals with milk & yoghurt OR Pumpkin hotcakes with Maple Syrup	Selection of 5 seasonal fruits. Served with milk.	Mac & Cheese with Cauliflower and a crusty top	Mac & Cheese with Cauliflower and a crusty top	Jam Drop Cookies with Homemade Jam



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