



WHOLEFOOD NUTRITIONAL MENU

SPRING 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.	Wholemeal Penne Bolognaise with Spring lamb and a variety of vegetables served with parmesan cheese.	Penne Napoli with Parmesan cheese	Homemade Avocado Dip served with veggie sticks and cheese squares
TUE	Selection of cereals with milk & yoghurt OR Blueberry & nutmeg smoothie with rice malt	Selection of 5 seasonal fruits. Served with milk.	Roast Pumpkin, Pea, Parmesan and Zucchini Risotto	Roast Pumpkin, Pea, Parmesan and Zucchini Risotto	Date, Oat & Cranberry Slice
WED	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana Honey Vegemite Homemade Jam	Selection of 5 seasonal fruits. Served with milk & maple cinnamon yoghurt.	Cottage Cheese Spanakopita. Made with an abundance of fresh green vegetables and herbs with homemade tomato relish.	Cottage Cheese Spanakopita. Made with an abundance of fresh green vegetables and herbs with homemade tomato relish.	Peach cakes with cinnamon sugar
THU	Selection of cereals with milk & yoghurt OR Yoghurt, Berry & Granola Pots	Selection of 5 seasonal fruits. Served with milk.	Roast Free-Range Chicken, served with roast potatoes, steamed vegetables & gravy	Seeds & Vegetable Loaf with vegetables & gravy	Beetroot and Chocolate Muffins
FRI	Selection of cereals with milk & yoghurt OR Spelt ricotta hotcakes with pure maple syrup	Selection of 5 seasonal fruits. Served with milk.	Soba Noodles with Pork Strips and Edamame	Soba Noodles with Tofu Strips and Edamame	House Oven Baked Chunky Potato Wedges, seasoned with a sprinkle of herbs & salt. Served with homemade tomato & apple relish & sour cream.



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

SPRING MENU 2



	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Waffles with Homemade Jam	Selection of 5 seasonal fruits. Served with milk.	Spring Chicken & Barley Soup with leek carrot & peas. Served with crusty homemade quinoa bread.	Lentil & Barley Soup with leek carrot & peas. Served with crusty homemade quinoa bread.	Pumpkin Muffins
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.	Homemade Lamb & Thyme Sausage Rolls. Served with homemade tomato & apple relish.	Vegetarian rolls	Spiced Carrot Cake Muffins
WED	Selection of cereals with milk & yoghurt OR Spelt ricotta hotcakes with pure maple syrup	Selection of 5 seasonal fruits. Served with milk.	Rainbow fried rice with beef strips	Rainbow fried rice with tofu strips	Peach cakes with cinnamon sugar
THU	Selection of cereals with milk & yoghurt OR Spinach & cheese breakfast muffins	Selection of 5 seasonal fruits. Served with milk.	Rice Crumbed Baked Rockling with Broccoli, Carrot & Cauliflower. Dressed with fresh lemon juice and olive oil.	Rice Crumbed Tofu with Broccoli, Carrot & Cauliflower. Dressed with fresh lemon juice and olive oil.	Homemade hummus dip served with veggie sticks & cheese squares
FRI	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana Honey Vegemite Homemade Jam	Selection of 5 seasonal fruits. Served with milk.	Mac & Cheese with Cauliflower & Fresh Herbs	Mac & Cheese with Cauliflower & Fresh Herbs	Beetroot and Chocolate Muffins



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WHOLEFOOD NUTRITIONAL MENU

SPRING MENU 3



	BREAKFAST	MORNING TEA	LUNCH	VEGETARIAN OPTION	AFTERNOON TEA
MON	Selection of cereals with milk & yoghurt OR Strawberry yoghurt smoothie	Selection of 5 seasonal fruits. Served with milk.	Fresh Parsley & Spinach Pesto Pasta with Peas & Lemon	Fresh Parsley & Spinach Pesto Pasta with Peas & Lemon	Spiced Carrot Cake Muffins
TUE	Selection of cereals with milk & yoghurt OR Savoury muffins	Selection of 5 seasonal fruits. Served with milk & maple cinnamon yoghurt.	Chicken Quesadillas served with yoghurt	Bean Quesadillas served with yoghurt	Avocado & Banana Maple Chocolate Mousse
WED	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 roast potatoes. Served with steamed vegetables and gravy.	Chickpea patties with roast potatoes served with steamed vegetables and gravy	Homemade Beetroot Dip served with veggie sticks & cheese squares
THU	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana Honey Vegemite Homemade jam	Selection of 5 seasonal fruits. Served with milk & maple cinnamon yoghurt.	Lentil and Roast tomato soup. Served with fresh homemade bread.	Lentil and Roast tomato soup. Served with fresh homemade bread.	Japanese Sushi Rolls with a variety of avocado, cucumber, carrot, tuna & Tamari. Served with freshly cut chilled melon.
FRI	Selection of cereals with milk & yoghurt OR Spelt ricotta hotcakes with pure maple syrup	Selection of 5 seasonal fruits. Served with milk.	Chicken & Herb Casserole with Spring Vegetables	Lentil and sweet potato rissoles	Nutmeg, Oat & Ginger Cookies. Served with a glass of golden milk.



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WHOLEFOOD NUTRITIONAL MENU

SPRING MENU 4



	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.	Rice Crumbed Baked Barramundi served with Asian greens	Rice Crumbed Tofu served with Asian greens	Homemade Ricotta & Herb Dip. Served with veggie sticks & cheese squares.
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.	Chicken lasagne served with steamed broccoli with lemon	Vegetable packed Napoli lasagne served with steamed broccoli with lemon	White Chocolate, cranberry and pepita seed cookies served with milk
WED	Selection of cereals with milk & yoghurt OR Waffles with Homemade jam	Selection of 5 seasonal fruits. Served with milk.	Sweet Pumpkin, Apple & Cauliflower Soup. Served with fresh homemade cornbread.	Sweet Pumpkin, Apple & Cauliflower Soup. Served with fresh homemade cornbread.	Upside Down Pineapple Cake
THU	Selection of cereals with milk & yoghurt OR Wholemeal toast with Banana Honey Vegemite Homemade jam	Selection of 5 seasonal fruits. Served with milk.	Chipolata Sausages, served with Sweet Potato & Potato Mash and Fresh Vegetables	Vegetable & Chickpea Patties served with Sweet Potato & Potato Mash and Fresh Vegetables	Spiced Carrot Cake
FRI	Selection of cereals with milk & yoghurt OR Spinach & cheese breakfast muffins (GF)	Selection of 5 seasonal fruits. Served with maple cinnamon yoghurt.	Broccoli, cauliflower, cheese pie	Broccoli, cauliflower, cheese pie	Peach cakes with cinnamon sugar



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