



Westmead Early Education Centre -Sample Menu



Week	Breakfast	Morning Tea Served with milk	Lunch/Dessert With water	Vegetarian Meal	Babies Meal	Afternoon Tea Served with milk	Late Afternoon Tea
Monday	<p>Weetbix served with milk and fresh season fruit</p> <p>Or Homemade toasted muesli with bran cereal, rolled oats, sunflower kernels, chia seeds, cinnamon, coconut flakes with a drizzle of honey served with milk and seasonal fresh fruit/yogurt</p>	Whole meal toast with spread Watermelon and Red apple	Lentils soup chickpeas onions, tomato, carrots mushrooms, zucchini and fried rice Oranges and grapes	Lentils soup chickpeas onions, tomato, carrots mushrooms, zucchini and fried rice Oranges and grapes	A blend of mashed vegetables, ie: pumpkin, broccoli, sweet potato, cauliflower Seasonal fruit puree	Corn on the cobs, broccoli and Anzac slice	A selection of veggie sticks with a savoury cracker biscuit
Tuesday		Whole meal Crumpets Rockmelon and Green Apple	Beef spaghetti Bolognese, onions, celery, carrots, capsicum, tomato, mushrooms and zucchini Oranges and green apple	Pinto beans spaghetti Bolognese, onions, celery, carrots, capsicum, tomato, mushrooms and zucchini Oranges and green apple	A blend of mashed vegetables, ie: pumpkin, broccoli, sweet potato, cauliflower Seasonal fruit puree	French beans, carrot sticks and garlic bread	A selection of veggie sticks with Lebanese bread
Wednesday		Wholemeal English Cheesy muffins Honeydew and Grapes	Italian Lamb, onions, tomatoes, celery, garlic, carrots capsicum and pasta Oranges and pears	Butter beans , onions, tomatoes, celery, garlic, carrots capsicum and pasta Oranges and pear	A blend of mashed vegetables, ie: pumpkin, broccoli, sweet potato, cauliflower Seasonal fruit puree	Carrot sticks, cucumber sticks with Lebanese bread and avocado dip	A selection of veggie sticks with a savoury cracker biscuit
Thursday		Whole meal Raisin Toast, Rock melon and Banana	Chicken korma, onions corn, beans, cabbage, bokchoy with fried rice Oranges and pears	Chick peas, onions corn, beans, cabbage, bokchoy with fried rice Oranges and pears	A blend of mashed vegetables, ie: pumpkin, broccoli, sweet potato, cauliflower Seasonal fruit puree	Snow peas, celery sticks and Carrot slice	A selection of veggie sticks with Lebanese bread
Friday		Wholemeal Toast Pear and watermelon	Beef meat balls, sweet potatoe, broccoli, pumpkin and cauliflower sauce with hookien noodles Oranges and apples	Curried vegetables with mushroom, capsicum and cabbage Oranges and apples	A blend of mashed vegetables, ie: pumpkin, broccoli, sweet potato, cauliflower Seasonal fruit puree	Wholemeal sandwiches with chesse, cucumber and tomato	A selection of veggie sticks with a savoury cracker biscuit