

Little Angels Menu Example

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal – Corn Flakes, Nutri Grain, served with reduced-fat milk	Cereal – Corn Flakes, Nutri Grain, served with reduced-fat milk	Cereal – Corn Flakes, Nutri Grain, served with reduced-fat milk	Cereal – Corn Flakes, Nutri Grain, served with reduced-fat milk	Cereal – Corn Flakes, Nutri Grain, served with reduced-fat milk
Morning Tea	Cheese and crackers with fruit	Cheese and flat bread with veggie sticks	Fruit and veggie stick with dips and flat bread	Cheese and Vegemite Scrolls with Fruit	Greek Yoghurt with fruit
Fruits Provided:	Apples, Bananas, Pears, Oranges/Mandarins, Grapes, Watermelon	Apples, Bananas, Pears, Oranges, Strawberries, Blueberries	Apples, Bananas, Blueberries, Rockmelon	Apples, Bananas, Strawberries, kiwi fruit, Pears	Apples, Bananas, Rockmelon, Honeydew
	Milk/water	Milk/water	Milk/water	Milk/water	Milk/water
Lunch	Chicken and veggie noodle soup, with mini wholemeal crouton's	Beef Stroganoff with wholemeal pasta and mix veggies	Moroccan Lamb bites with cous cous, veggies and a Greek yoghurt and tomato dip	Cheese and tomato pizza with sweet potato wedges with cherry tomatoes	Beef Mexican bean bowls with rice and veggies
Ingredients	Onion, celery, carrot, Garlic, chicken broth, Greek yoghurt, Chicken, Rice noodles, Wholemeal Crouton's	Beef, mushrooms, Sour cream, Flour, Dijon Mustard, Onion, Garlic, Beef stock, Vegetable, Nuttalex, Pasta	Onion, garlic, minced lamb, Worcestershire sauce, Greek yoghurt, Tomato sauce, flour, Beef powder stock, Moroccan spice, Vegetable	Wholemeal pizza bases, Tomato base paste, Shredded cheese, Sweet potato, Cherry tomatoes	Onion, garlic, Minced beef, Powder beef stock, Black beans, Vegetable, Mexican seasoning, Rice
Afternoon Tea	Cheese and vegemite sandwiches with veggie sticks	Raisin toast and fruit	Oatmeal slice and Fruit	Homemade Pikelets and home-made fruit jam and fruit	Wholemeal toast with fruit

Please note that a vegetarian option will be provided and edits to our menu will be made for children with allergies or special dietary requirements, including custom meals for babies based on what they have been introduced to at home.