

WATERFORD EARLY LEARNING CENTRE MENU – APRIL 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE: <i>1st April 2019</i>	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Strawberries, Rockmelon, Cucumber & Carrots Afternoon Tea: Box Mix Banana Bread with Added Sultanas and Bananas Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Apple, Watermelon, Capsicum & Cherry Tomatoes Afternoon Tea: Box Mix Carrot Cake with Added Grated Carrot. Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Watermelon, Pineapple, Celery & Snow Peas. Afternoon Tea: Hidden Veg Sausage Rolls (beef sausage mince, seasoning, eggs, grated carrot, grated zucchini and puffed pastry). Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Pear, Orange, Capsicum & Green Beans Afternoon Tea: Carrot and Cucumber Sticks with Jatz and Homemade Corn Relish Dip. Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Kiwi Fruit, Apple, Cucumber and Carrot. Afternoon Tea: Dried Apricots, Sultanas and Apples with Milk Arrowroot Biscuits. Menu Changes:
WEEK TWO: <i>8th April 2019</i>	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Watermelon, Rockmelon, Carrot and Cucumber Afternoon Tea: Strawberries and Bananas with Fresh Fruit Bread. Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Pear, Apple, Capsicum and Carrot Afternoon Tea: Pineapple, Watermelon, Green Beans and Celery. Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Oranges, Kiwi Fruit, Cucumber and Snow Peas Afternoon Tea: Fully Chicken & Loaded Veg Slice (Woolworth Winter Mixed Veg, Grated Cheese, Eggs, Self Raising Flour, Oil, Minced Garlic) Menu Changes: Make Jelly for tomorrow	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Carrot and Cucumber Sticks with Jatz and French Onion Dip Afternoon Tea: Rockmelon and Pineapple with Jelly Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Frozen Berries with Lite Custard Afternoon Tea: Capsicum, Carrot and Cucumber Sticks with Homemade Corn Relish Dip (Light Sour Cream and Corn Relish) Menu Changes:

All meals are serviced with the option of cold milk and/or water (Light milk is used for children over the age of 2 years). Alternatives are offered for children with intolerance and/or allergies. All cooked items are prepared with the children and educators as a learning experience when circumstances permit.

<p>WEEK THREE: 15th April 2019</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Cherry Tomatoes, Capsicum, Strawberries and Apple</p> <p>Afternoon Tea: Kiwi Fruit, Honeydew Melon, Cucumber and Green Beans</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Banana and Blueberries with Fresh Fruit Bread.</p> <p>Afternoon Tea: Carrot, Cucumber and Celery Sticks with Jatz and French Onion Dip</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Rockmelon, Watermelon, Carrot and Cherry Tomatoes</p> <p>Afternoon Tea: Box Mix Carrot Cake with Fresh Grated Carrot and Sultanas</p> <p>Menu Changes:</p> <p>Prepare Jelly Ready For Thursday.</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Easter Celebrations Morning Tea (Families Bring A Plate)</p> <p>Afternoon Tea: Hidden Veg Sausage Rolls (beef sausage mince, seasoning, eggs, grated carrot, grated zucchini and puffed pastry).</p> <p>Menu Changes:</p>	<p>Good Friday — Centre Closed</p>
<p>WEEK FOUR: 22nd April 2019</p>	<p>Easter Monday — Centre Closed</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Blueberries, Strawberries, Carrot and Cucumber</p> <p>Afternoon Tea: Watermelon, Rockmelon, Cherry Tomatoes and Carrot.</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Orange, Rockmelon, Carrot and Cucumber</p> <p>Afternoon Tea: Apple, Pear, Snow Peas and Capsicum</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Apple and Kiwi Fruit with Jelly</p> <p>Afternoon Tea: Fully Loaded Chicken and Veg Slice (Pulled Chicken, Woolworth Winter Veg, Eggs, Grated Cheese, Self-Raising Flour, Oil, Minced Garlic).</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Rockmelon, Watermelon, Capsicum and Cherry Tomatoes.</p> <p>Afternoon Tea: Pear, Orange, Carrot and Cucumber</p> <p>Menu Changes:</p>

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<p>WEEK FIVE: 29th April 2019</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk</p> <p>Morning Tea: Fresh Wholemeal Bread Sandwiches with a Selection of Spreads (Natural Peanut Butter, Vegemite or Strawberry Jam).</p> <p>Afternoon Tea: Strawberries, Grapes, Cucumber and Carrot.</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk</p> <p>Morning Tea: Watermelon, Banana, Capsicum and Snow Peas.</p> <p>Afternoon Tea: Rockmelon, Pineapple, Carrot and Cucumber</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk</p> <p>Morning Tea: Watermelon, Oranges, Carrot and Cherry Tomatoes</p> <p>Afternoon Tea: Hidden Veg Sausage Rolls (beef sausage mince, seasoning, eggs, grated carrot, grated zucchini and puffed pastry).</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk</p> <p>Morning Tea: Apple, Pear, Green Beans and Cucumber</p> <p>Afternoon Tea: Rockmelon, Oranges, Carrot and Celery</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk</p> <p>Morning Tea: Cucumber, Carrot and Capsicum Sticks with French Onion Dip.</p> <p>Afternoon Tea: Pineapple and Apple with Box Mix Banana Bread.</p> <p>Menu Changes:</p>
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