

# WATERFORD EARLY LEARNING CENTRE MENU – MARCH 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK ONE:</b> 4 <sup>th</sup> March 2019	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Strawberries, Bananas, Cucumber and Cherry Tomatoes.</p> <p><b>Afternoon Tea:</b> Wholemeal Bread Sandwiches with a selection of spreads (cheese spread, vegemite, strawberry jam and natural peanut butter).</p> <p><b>Menu Changes:</b></p> <p>Prepare Jelly Ready for Wednesday</p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Blueberries, Kiwi Fruit, Red Capsicum and Carrot.</p> <p><b>Afternoon Tea:</b> Red Apple, Green Pears, Snow Peas and Cucumber.</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Watermelon, Rockmelon, Yellow Capsicum and Carrot.</p> <p><b>Afternoon Tea:</b> Hidden Veg Sausage Rolls (beef sausage mince, seasoning, eggs, grated carrot, grated zucchini and puffed pastry).</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Pineapple, Green Apple, Carrot and Green Capsicum.</p> <p><b>Afternoon Tea:</b> Watermelon, Rockmelon, Cucumber and Celery.</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Dried Fruit (dried apricots, dried cranberries, dried apple) with Milk Arrowroot Biscuits.</p> <p><b>Afternoon Tea:</b> Apples, Oranges, Carrot and Cucumber.</p> <p><b>Menu Changes:</b></p>
<b>WEEK TWO:</b> 11 <sup>th</sup> March 2019	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Blueberries, Apples, Capsicum and Carrot.</p> <p><b>Afternoon Tea:</b> Strawberries, Grapes, Snow Peas and Cherry Tomatoes.</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Banana, Strawberries and Custard.</p> <p><b>Afternoon Tea:</b> Carrot, Capsicum and Cucumber Sticks with Homemade Corn Relish Dip (sour cream and corn relish dip).</p> <p><b>Menu Changes:</b></p> <p>Prepare Jelly Ready for Wednesday</p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Watermelon, Rockmelon and Honeydew Melon with Greek Yogurt.</p> <p><b>Afternoon Tea:</b> Carrot, Green Beans, and Cucumber Sticks and French Onion Dip.</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Apple, Pear, Capsicum and Carrot.</p> <p><b>Afternoon Tea:</b> Kiwi Fruit, Oranges, Cucumber and Green Beans.</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Apple, Peach, Carrot and Celery.</p> <p><b>Afternoon Tea:</b> Rockmelon, Pineapple, Green Beans and Cucumber.</p> <p><b>Menu Changes:</b></p>

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><b>WEEK THREE:</b> 18<sup>th</sup> March 2019</p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Green Apple, Green Grapes, Cucumber and Green Capsicum.</p> <p><b>Afternoon Tea:</b> Kiwi Fruit, Honeydew Melon, Celery &amp; Green Beans.</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Blueberries, Kiwi Fruit, Cucumber and Green Capsicum.</p> <p><b>Afternoon Tea:</b> Strawberries, Bananas and Packet Banana Bread.</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Pear, Pineapple, Carrot and Cherry Tomatoes.</p> <p><b>Afternoon Tea:</b> Chicken &amp; Vegetable Slice (Pulled Chicken, Grated Cheese, Grated Zucchini and Carrot, Vegetable Oil, Minced Garlic, Eggs &amp; Self Raising Flour.</p> <p><b>Menu Changes:</b></p> <p><b>Prepare Jelly Ready For Thursday.</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Oranges and Rockmelon and Lite Orange Jelly.</p> <p><b>Afternoon Tea:</b> Healthy Carrot Cake Slice (grated carrot, oats, wholemeal self-raising flour, maple syrup, coconut oil, desiccated coconut, chia seeds, eggs, vanilla extract, grounded cinnamon and sultanas).</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Apple, Pear, Capsicum and Cucumber.</p> <p><b>Afternoon Tea:</b> Frozen Blueberries and Vanilla Greek Yogurt.</p> <p><b>Menu Changes:</b></p>
<p><b>WEEK FOUR:</b> 25<sup>th</sup> March 2019</p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk</p> <p><b>Morning Tea:</b> Fresh Wholemeal Bread Sandwiches with a Selection of Spreads (Natural Peanut Butter, Vegemite or Strawberry Jam).</p> <p><b>Afternoon Tea:</b> Strawberries, Grapes, Cucumber and Carrot.</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Banana, Blueberries, Capsicum and Cucumber.</p> <p><b>Afternoon Tea:</b> Nectarine, Pineapple, Carrot and String Beans.</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Rockmelon, Honeydew, Cucumber and Carrot.</p> <p><b>Afternoon Tea:</b> Watermelon, Apple, Capsicum and Cherry Tomatoes.</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Pear, Peach, Carrot and Celery.</p> <p><b>Afternoon Tea:</b> Carrot, Capsicum, Celery and Cucumber Sticks with Jatz and French Onion Dip.</p> <p><b>Menu Changes:</b></p>	<p><b>Breakfast:</b> Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p><b>Morning Tea:</b> Frozen Mango and Raspberries with Vanilla Greek Yogurt.</p> <p><b>Afternoon Tea:</b> Apple, Kiwi Fruit, Capsicum and Cucumber.</p> <p><b>Menu Changes:</b></p>

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