



Kaleidoscope Kids Early Learning Centre

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GOODNA – NOVEMBER 2017 MENU

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Served until 7:30am)	Choice of Cereal (Cornflakes & Weet-bix) or Toast (Butter, Jam, Vegemite & Cheese)				
Morning Tea (Milk & water to drink)	Rice crackers, cheese & dried fruit selection	Seasonal fruit selection	Yoghurt	Seasonal fruit selection	Banana cream cheese squares
Lunch (Water to drink)	Chicken curry with steamed basmati rice	Beef sausages, seasoned skillet potatoes & baked beans	Mixed variety of sandwiches	Vegetarian pasta with a spinach, bean, artichoke, basil & cheesy sauce	Roast chicken breast with salad shapes
Afternoon Tea (Water to drink)	Seasonal fruit selection	Lemon, blueberry & poppy seed slice	Seasonal fruit selection	Pear tart	Fruit salad
Late Afternoon Tea (served approx. 5:00pm)	Sao biscuits/crisp breads and spreads (vegemite), cheese & fruit				

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Served until 7:30am)	Choice of Cereal (Cornflakes & Weet-bix) or Toast (Butter, Jam, Vegemite & Cheese)				
Morning Tea (Milk & water to drink)	Seasonal fruit selection	Mixed berry sticky rice	Seasonal fruit selection	Yoghurt	Seasonal fruit selection
Lunch (Water to drink)	Hawaiian prawn fried rice	Teriyaki chicken & vegetables Chow Mein	Vegetarian lasagna; roasted vegetable, tomato & lentil sauce	Mixed variety of sandwiches	Roast lamb with potato mash, mixed vegetables & gravy
Afternoon Tea (Water to drink)	Carrot & coconut slice	Seasonal fruit selection	Berry & cream cheese Danish	Seasonal fruit selection	Cucumber & carrot sticks with crackers & dip
Late Afternoon Tea (served approx. 5:00pm)	Sao biscuits/crisp breads and spreads (vegemite), cheese & fruit				