



Kaleidoscope Kids

Early Learning Centres

Centre Menu

All children with specific dietary requirements have food specially prepared for them. Children are encouraged to try all food offered but if staff feel it is needed an alternative option is always provided.

WEEK ONE

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|--|---|--|---|
| Breakfast | Breakfast (Served until 7:00am) Choice of cereal (rice puffs, cornflakes, and Weetbix), toast with butter, jam, honey, vegemite, and cheese. | | | | |
| Morning Tea | Fruit salad in natural juice served with creamy vanilla custard With arrowroot biscuits Milk / Water | Watermelon apples, honeydew and strawberries With flavoured rice crackers Milk / Water | Watermelon ,oranges apples and rockmelon With arrowroot biscuits Milk / Water | Two Fruits in natural juice served with vanilla yoghurt With flavoured rice Crackers Milk/ Water | Rainbow platter Watermelon ,oranges ,apples and sultanas With arrowroot biscuits Milk/ Water |
| Nutritional Information | 1 2 0 1 0 | 1 1 0 1 0 | 1 1 0 1 0 | 1 2 0 1 0 | 1 1 0 1 0 |
| Lunch | Al dente pasta tuna bake with hidden vegetable Milk / Water | Crumbed chicken wedges served with salad and tortilla wraps (lettuce ,tomato ,cucumber, carrot and cheese) with garlic aioli Milk / Water | Tender savoury mince beef served on white fluffy rice Milk / Water | Honey soy chicken and vegetable stir-fry (with noodles) Milk / Water | A selection of gourmet sandwiches on white and brown bread. (spreads, meats, egg tuna ,baked beans) Milk / Water |
| Nutritional Information | 1 0 1 1 0 | 1 1 1 1 1 | 1 1 1 1 0 | 1 1 1 1 1 | 1 1 1 1 1 |
| Afternoon Tea | Apple and cinnamon scrolls Fresh fruit platter Milk / Water | Vegetable platter with Turkish bread and dips Fresh fruit platter Milk / Water | Rice cakes with a selection of fresh meats , cheeses, avocado and spreads Fresh fruit platter Milk /Water | Raspberry and white chocolate muffins. Fresh fruit platter Milk /Water | Homemade Chocolate chip cookies and Biscuits. Fresh fruit platter Milk / Water |
| Nutritional Information | 1 2 0 2 1 | 1 1 0 2 1 | 1 1 1 1 1 | 1 1 0 1 1 | 1 1 0 2 1 |

WEEK TWO

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|---|--|--|--|
| Breakfast | Breakfast (Served until 7:00am) Choice of cereal (rice puffs, cornflakes, and Weetbix), toast with butter, jam, honey, vegemite, and cheese. | | | | |
| Morning Tea | Pears in natural juice with vanilla yoghurt With flavoured rice crackers Milk/Water | Rainbow platter Watermelon ,oranges ,apples and sultanas With arrowroot biscuits Milk / Water | Watermelon apples, honeydew and strawberries With flavoured rice crackers Milk / Water | Fruit salad in natural juice served with creamy vanilla custard With arrowroot biscuits Milk / Water | Watermelon ,oranges apples and rockmelon With flavoured rice crackers Milk / Water |
| Nutritional Information | 1 2 0 1 0 | 1 1 0 1 0 | 1 1 0 1 0 | 1 2 0 1 0 | 1 1 0 1 0 |
| Lunch | Tender chicken pieces with vegetables in a honey mustard sauce served on a bed of white fluffy rice Milk / Water | A selection of gourmet sandwiches on white and brown bread. (spreads, meats, egg tuna ,baked beans) Milk / Water | Al dente bolognese pasta with hidden vegetables Milk / Water | Succulent curry Beef sausages with hidden vegetables served with mash potato. Milk / Water | Gourmet Mini Pizzas. Selection of toppings on a mini pizza base. Milk / water |
| Nutritional Information | 1 0 1 1 0 | 1 1 1 1 1 | 1 1 1 1 1 | 1 1 1 2 1 | 1 1 2 1 1 |
| Afternoon Tea | Succulent and fluffy pancakes with jam and cream Fresh fruit platter Milk / Water | Moist Date Loaf served with vanilla custard Fresh fruit platter Milk / Water | Roasted Capsicum Dip with pita bread and vegetable sticks Fresh fruit platter Milk / Water | Crisp Bread with a selection of meats cheeses and spreads Fresh fruit platter Milk / Water | Moist Banana Cake Fresh fruit platter Milk / water |
| Nutritional Information | 1 1 0 1 1 | 1 2 0 1 1 | 1 1 0 2 0 | 1 1 1 1 1 | 1 1 0 1 1 |

NUTRITIONAL INFORMATION KEY:

Breads & Cereals Dairy & Alternatives Meat & Alternatives Fruits & Vegetables Fats & Oils



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WEEK THREE

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|---|---|--|---|
| Breakfast | Breakfast (Served until 7:30am) Choice of cereal (rice puffs, cornflakes, and Weetbix), toast with butter, jam, honey, vegemite, and cheese. | | | | |
| Morning Tea | Fruit salad in natural juice served with creamy vanilla custard With arrowroot biscuits Milk / Water | Watermelon apples, honeydew and strawberries With flavoured rice crackers Milk / Water | Watermelon ,oranges apples and rockmelon With arrowroot biscuits Milk / Water | Two Fruits in natural juice served with vanilla yoghurt With flavoured rice Crackers Milk/ Water | Rainbow platter Watermelon ,oranges ,apples and sultanas With arrowroot biscuits Milk/ Water |
| Nutritional Information | 1 2 0 1 0 | 1 1 0 1 0 | 1 1 0 1 0 | 1 1 0 1 0 | 1 1 0 1 0 |
| Lunch | Al dente Spinach and ricotta ravioli served with a Napoli tomato sauce | A selection of gourmet sandwiches on white and brown bread. (spreads, meats, egg tuna ,baked beans) | Homemade sausage rolls with hidden vegetables | Chilli con carne served on a bed of sweet potato wedges | Selection of cold meats served with salad and tortilla wraps (lettuce ,tomato ,cucumber, carrot and cheese) with garlic aioli |
| Nutritional Information | 1 1 0 1 1 | 0 0 1 1 0 | 1 0 1 1 1 | 0 0 1 1 1 | 1 1 1 1 1 |
| Afternoon Tea | Sao biscuits with a selection of fresh meats , cheeses, avocado and spreads Fresh fruit platter Milk /Water | Moist carrot cake Fresh fruit platter Milk / Water | Chocolate and white chocolate muffins Fresh fruit platter Milk / water | Vegetable platter with Turkish bread and dips Fresh fruit platter Milk / Water | Assorted flavoured jelly with fruit served with custard Fresh fruit platter Milk / Water |
| Nutritional Information | 1 1 1 1 1 | 1 1 0 1 1 | 1 1 0 1 1 | 1 1 0 1 1 | 0 1 0 1 0 |

WEEK FOUR

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------|---|--|--|--|---|
| Breakfast | Breakfast (Served until 7:00am) Choice of cereal (rice puffs, cornflakes, and Weetbix), toast with butter, jam, honey, vegemite, and cheese. | | | | |
| Morning Tea | Pears in natural juice with vanilla yoghurt With flavoured rice crackers Milk/Water | Rainbow platter Watermelon ,oranges ,apples and sultanas With arrowroot biscuits Milk / Water | Watermelon apples, honeydew and strawberries With flavoured rice crackers Milk / Water | Fruit salad in natural juice served with creamy vanilla custard With arrowroot biscuits Milk / Water | Watermelon ,oranges apples and rockmelon With flavoured rice crackers Milk / Water |
| Nutritional Information | 1 1 0 1 0 | 1 1 0 1 0 | 1 1 0 1 0 | 1 1 0 1 0 | 1 1 0 1 0 |
| Lunch | Curry Chicken served on a bed of fluffy white rice | Fish fingers served with salad and tortilla wraps (lettuce ,tomato ,cucumber, carrot and cheese) with garlic aioli | Chicken stir fry with noodles | Succulent beef sausages served in a rich gravy and hidden vegetables with mash potato | A selection of gourmet sandwiches on white and brown bread. (spreads, meats, egg tuna ,baked beans) |
| Nutritional Information | 1 1 1 1 1 | 1 1 1 1 1 | 1 0 1 1 1 | 0 1 1 1 0 | 1 1 1 1 1 |
| Afternoon Tea | Scones served with Jam and Cream Fresh fruit platter Milk / Water | Vegetable platter with Turkish bread and dips Fresh fruit platter Milk / Water | Assorted scrolls Fresh fruit platter Milk /Water | Crisp bread with a selection of fresh meats , cheeses, avocado and spreads Fresh fruit platter Milk /Water | Fruit crumble served with creamy vanilla custard Fresh fruit platter Milk / Water |
| Nutritional Information | 0 0 0 1 0 | 0 0 0 1 0 | 1 2 0 1 1 | 1 1 1 1 1 | 1 1 0 1 1 |

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Breads & Cereals Dairy & Alternatives Meat & Alternatives Fruits & Vegetables Fats & Oils