



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 7:30am) Choice of cereal (rice puffs, cornflakes, and Weetbix), toast with butter, jam, honey, vegemite, and cheese.				
Morning Tea	Yoghurt topped with peach & pear, fruit salad or mixed berries	Seasonal fresh fruit platter with cheese	Pear & raspberry slice with side fruits	Seasonal fresh fruit platter	Crackers, cheese, fruit & vegetable platter
Nutritional Information	0 1 0 1 0	0 1 0 1 0	1 0 0 1 1	0 0 0 1 0	1 1 0 1 0
Lunch	Mixed sandwiches	Brazilian spiced chicken, chickpea & vegetable rice	Spaghetti bolognaise	Falafel, pita wedges, cheese & salads	Pizza pie slices & mini dinner roll garlic breads with corn cobbettes
Nutritional Information	1 1 1 1 1	1 0 1 1 0	1 1 1 1 0	1 1 1 1 0	2 1 1 1 1
Afternoon Tea	Seasonal fresh fruit & cracker platter	Jaffa cake with side fruits	Seasonal fresh fruit & cracker platter	Carrot, pineapple & pepita cake with a cream cheese drizzle	Seasonal fresh fruit platter
Nutritional Information	1 0 0 1 0	1 0 0 1 1	1 0 0 1 0	1 1 1 1 1	0 0 0 1 0
Late Afternoon Tea	Late afternoon tea (5:00pm approx.) Sao Biscuits/crisp breads and spreads, cheese and fruit.				

WEEK TWO

	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	Seasonal fresh fruit & cracker platter	Mixed berry yoghurt muffin cake with side fruits	Seasonal fresh fruit platter	Yoghurt topped with peach or mango	Seasonal fresh fruit platter
Nutritional Information	1 0 0 1 0	1 1 0 1 1	0 0 0 1 0	0 1 0 1 0	0 0 0 1 0
Lunch	Sausage rolls with fruit & vegetable dipping sauce	Mexican lamb & bean wraps with salad, cheese & Greek yoghurt sauce	Asian chicken, noodle & vegetable stir-fry	Slider burgers	Fish fingers with sweet potato mash & steamed vegetables
Nutritional Information	1 0 1 1 0	1 1 2 1 0	1 0 1 1 0	1 1 1 1 0	1 0 1 2 1
Afternoon Tea	Blueberry, lemon & peach cake with side fruits	Seasonal fresh fruit & cracker platter	Vegetarian flatbread with dip & assorted vegetables	Seasonal fresh fruit & cracker platter	Spiced date loaf with a butterscotch drizzle
Nutritional Information	1 0 0 2 1	1 0 0 1 0	1 1 0 2 1	1 0 0 1 0	1 1 0 1 1
Late Afternoon Tea	Late afternoon tea (5:00pm approx.) Sao Biscuits/crisp breads and spreads, cheese and fruit.				

NUTRITIONAL INFORMATION KEY:

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



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 7:30am) Choice of cereal (rice puffs, cornflakes, and Weetbix), toast with butter, jam, honey, vegemite, and cheese.				
Morning Tea	Yoghurt with pear puree	Apple puree & Watermelon, banana & orange pieces	Banana puree & soft slice	Blueberry & pear puree	Apple & banana puree with baby crackers, cucumber sticks & cheese
Nutritional Information	0 1 0 1 0	0 0 0 2 0	1 0 0 2 1	0 0 0 1 0	1 1 0 2 0
Lunch	Potato mash & steamed mixed vegetables	Pumpkin puree & steamed mixed vegetables	Carrot & potato mash & steamed mixed vegetables	Avocado puree & steamed mixed vegetables	Mixed vegetable puree & steamed mixed vegetables
Nutritional Information	0 0 1 2 0	0 0 1 2 0	0 0 1 2 0	0 0 1 2 0	0 0 1 2 0
Afternoon Tea	Crackers & cheese with fresh soft fruit selection	Fresh soft fruit selection with cake	Baby crackers & cheese with fresh soft fruit selection	Fresh soft fruit selection with cake	Watermelon, banana & orange pieces
Nutritional Information	1 1 0 1 0	1 0 0 1 1	1 1 0 1 0	1 1 0 2 1	0 0 0 1 0
Late Afternoon Tea	Late afternoon tea (5:00pm approx.) Sao Biscuits/crisp breads and spreads, cheese and fruit.				

WEEK TWO

	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	Banana & blueberry puree with baby crackers & cheese	Pear puree & cake	Apple puree & Watermelon, banana & orange pieces	Banana puree & Yoghurt	Mixed fruit puree
Nutritional Information	1 1 0 1 0	1 1 0 2 1	0 0 0 2 0	0 1 0 1 0	0 0 0 1 0
Lunch	Mixed vegetable puree & steamed mixed vegetables	Potato mash & steamed mixed vegetables	Pumpkin puree & steamed mixed vegetables	Potato & pea mash & steamed mixed vegetables	Carrot puree & steamed mixed vegetables
Nutritional Information	0 0 1 2 0	0 0 1 2 0	0 0 1 2 0	0 0 1 2 0	0 0 1 2 0
Afternoon Tea	Fresh soft fruit selection with cake	Baby crackers & cheese with fresh soft fruit selection	Flatbread with dip, cucumber sticks & fresh soft fruit selection	Baby crackers & cheese with fresh soft fruit selection	Watermelon, banana & orange pieces with cake
Nutritional Information	1 0 0 2 1	1 1 0 1 0	1 1 0 2 1	1 1 0 1 0	1 1 0 1 1
Late Afternoon Tea	Late afternoon tea (5:00pm approx.) Sao Biscuits/crisp breads and spreads, cheese and fruit.				

NUTRITIONAL INFORMATION KEY:

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