

Proposed ELC Menu

Week 1	Mon	Tue	Wed	Thu	Fri
Morning Tea	Beans on toast Sliced fruit platter	Pancakes with honey Sliced fruit platter	Apple & oat porridge Sliced fruit platter	Margarita pizza on wholemeal muffin Sliced fruit platter	Banana muffin Sliced fruit platter
Lunch	Assorted sandwiches	Butter chicken with steamed rice & broccoli	Pasta salad with cheese, spinach & tomato	Steamed fish with hand cut chips & peas	Beef & vegetable fried rice
Afternoon tea	Vanilla yoghurt Sliced fruit platter	Cheese, crackers & vegetable platter Sliced fruit platter	Carrot cake Sliced fruit platter	Strawberry pastry twists Sliced fruit platter	Cheese & vegemite triangle Sliced fruit platter

Week 2	Mon	Tue	Wed	Thu	Fri
Morning Tea	Cheese & tomato croissant Sliced fruit platter	Scrambled eggs with toast soldiers Sliced fruit platter	Creamy coconut rice pudding Sliced fruit platter	Beef chipolata with hash browns Sliced fruit platter	French toast with strawberries Sliced fruit platter
Lunch	Beef bolognese with penne pasta	Assorted sandwiches	Beef stroganoff with steamed rice & carrots	Soy, chicken & vegetable fried rice	Zucchini & corn fritters with salad
Afternoon tea	Mini scones with strawberry jam Sliced fruit platter	Blueberry muffin Sliced fruit platter	Veggie sticks with crackers & avocado dip Sliced fruit platter	Strawberry yoghurt Sliced fruit platter	Homemade sausage roll Sliced fruit platter

Proposed ELC Menu

Week 3	Mon	Tue	Wed	Thu	Fri
Morning Tea	Cheese and spinach toasties Sliced fruit platter	Wholemeal crumpet with honey Sliced fruit platter	Beans on toast Sliced fruit platter	Pancakes with bananas Sliced fruit platter	Cheese & tomato muffin Sliced fruit platter
Lunch	Beef & coconut curry with jasmine rice	Chicken & vegetable risoni	Assorted sandwiches	British fish pie with peas	Vegetable mac & cheese
Afternoon tea	Vanilla yoghurt Sliced fruit platter	Cheese, cracker & vegetable platter Sliced fruit platter	Banana bread Sliced fruit platter	Mini supreme pizzas Sliced fruit platter	Chocolate cake Sliced fruit platter
Week 4	Mon	Tue	Wed	Thu	Fri
Morning Tea	Homemade chicken sausage roll Sliced fruit platter	Spaghetti in tomato sauce Sliced fruit platter	Chocolate & banana slice Sliced fruit platter	Scrambled eggs with toast soldiers Sliced fruit platter	Mini croissant with strawberry jam Sliced fruit platter
Lunch	Fish burgers with hand-cut chips	Italian meatballs with pasta	Stir-fry Asian noodles with vegetables	Chicken cacciatore with mashed potato	Assorted sandwiches
Afternoon tea	Cheese, crackers & vegetable platter Sliced fruit platter	Apple & sultana slice Sliced fruit platter	Mini quiche florentine Sliced fruit platter	Custard pot Sliced fruit platter	Mini beef pie with big red sauce Sliced fruit platter