







Little Learners Centre Menu






Week One

Serving Times	Monday	Tuesday	Wednesday	Thursday	Friday
9-10am	Corn Thins with Assorted Spreads, Fruit and Milk	Platter with Cheese, Carrots, Celery, Dried Fruit & Rice Crackers	Saos With Assorted Spreads and Fruit	Fruit Yoghurt, Cereal Bites and Fresh Fruit	Fresh Assorted Sandwiches with Milo
11.30-12.30pm	Beef Spaghetti Bolognese and Garlic Bread 	BBQ DAY  Beef & Chicken Sausages, Salad and Bread and Ice Cream Cones	NATIONAL LUNCH DAY  Orange Fruit Salad	Fresh Sandwiches with Assorted Meats & Salad 	Fish, Potato & Honey Carrots and Corn 
2-3.30pm	Custard Cups with Fresh Fruit and Cereal Bites	Fresh Fruit & Children's Favourite Biscuits and Milk	Hi Fibre Fruit Loaf, Fresh Fruit and Milk	Rice Crackers with Carrot, Apple and Celery Sticks and Beetroot Dip	Savoury Biscuits, Cheese & Cabanossi and Fresh Fruit

Week Two

Serving Times	Monday	Tuesday	Wednesday	Thursday	Friday
9-10am	Saos With Assorted Spreads, Fresh Fruit and Milo	Corn Thins With Assorted Spreads, Fruit and Milk	Fresh Assorted Sandwiches with Milo	Cornflake Biscuits with Fresh Fruit and Milk	Fruit Yoghurt, Cereal Bites and Fresh Fruit
11.30-12.30pm	Crumbed Chicken and Curry Vegetable Pasta 	NATIONAL LUNCH DAY 	Tuna Mornay With Steamed Vegetables 	Ham & Vegetable Quiche, Fresh Bread  Orange Fruit Salad	BBQ DAY  Beef & Chicken Sausages, Salad and Bread and Ice Cream Cones
2-3.30pm	Hi Fibre Fruit Loaf, Fresh Fruit and Milk	Apple, Carrots, Celery, Snow Peas Platter Mango Relish & Crackers	Custard Cups with Fresh Fruit and Cereal Bites	Savoury Biscuits, Cheese & Cabanossi and Fresh Fruit	Fresh Fruit, Children's Favourite Biscuits and Milo

Week Three

Serving Times	Monday	Tuesday	Wednesday	Thursday	Friday
9-10am	Fruit Yoghurt, Cereal Bites and Fresh Fruit	Corn Thins With Assorted Spreads, Fruit and Milk	Milk Arrowroot Biscuits With Spreads, Fresh Fruit and Milo	Fresh Assorted Sandwiches and Milo	Saos With Assorted Spreads, Fresh Fruit and Milo
11.30-12.30pm	NATIONAL LUNCH DAY  Orange Fruit Salad	Assorted Salad & Cold Meat Platter  With Bread	BBQ DAY  Beef & Chicken Sausages, Salad and Bread and Ice Cream Cones	Salmon & Avocado Fettuccini with Steamed Vegetables 	Chicken, Sweet Potato and Vegetable Bake with Rice 
2-3.30pm	Rice Crackers with Carrot, Apple and Celery Sticks and Beetroot Dip	Cornflake Biscuits with Fresh Fruit and Milo	Savoury Biscuits and Cheese With Fresh Fruit	Custard Cups with Fresh Fruit and Milk	Hi Fibre Fruit Loaf & Fresh Fruit and Milk

Nursery: Babies and Toddlers eating pureed foods will be offered freshly cooked fruit, vegetables, pasta, meat, chicken, fish and iron fortified cereals or the above menu pureed if appropriate.

- Little Learners will meet 50% of daily nutritional needs while children are in a full days care, the remaining 50% should be met at home.
- We are committed to promoting good dental habits and minimising risk of dental decay from food and drink provided at the centre. Children are encouraged to rinse their mouths with water “swish, swirl and swallow” after meals.
- Bread provided varies from wholemeal, multigrain, and white fibre rolls, sliced, Lebanese, lavish, and damper.
- Fruit and vegetables provided depends on what is in season. Vegetables are offered with all lunch meals.
- Menu designed using the text ‘Caring for Children, A practical guide to meeting the food and nutritional needs of children in care’ and family, staff suggestions.