



Taigum Child Edu-Care Centre

Week One Winter Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit & Vegetable Platter with Rice Crackers	English Muffins with spreads and a side of fruit	Greek Yoghurt with berries and muesli	Fruit & Vegetable Platter with Hummus and crackers	Fruit & Vegetable Platter with Cheese & Crackers
Creamy Pumpkin & Corn Pasta	Chilli Con Carne with Rice ALT: Red Kidney Beans with Rice	Selection of Sandwiches	Beef Curry with Rice ALT: Chickpea Curry with Rice	Chicken Noodle Soup ALT: White Beans Noodle Soup
Banana & Chocolate Muffins with a side of apple	Selection of seasonal fruit with rice crackers	Fruit & Vegetable Platter with crackers	Fruit Bread with Cottage Cheese and a two fruit platter	Blueberry Muffins with a side of sliced oranges

- Please note a selection of vegetable purees and fruit purees will be updated weekly and provided for the younger children.
- Please speak with your room educator in relation to foods your child is being offered at home.
- Children with allergies, food intolerances or any other dietary requirements will be catered to with an appropriate alternative.
- Water is freely available throughout the day and milk will be offered with morning tea.
- Breakfast is a selection of rice bubbles, cereals, wheatbix, full cream milk and milk alternatives (soy milk and rice milk).



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Week Two Winter Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Fruit Platter with rice cakes	Fresh Fruit Platter with rice crackers	Wholemeal crumpets with spread and banana	Raisin Bread with bananas and cinnamon ricotta spread	Fruit & Vegetable Platter with crackers
Beef Savoury Mince with Rice ALT: Kidney Beans with Rice	Teriyaki Chicken with Rice ALT: White Beans with Rice	Tuscan Vegetable Packed Pasta	Veggie Packed Beef Macaroni ALT: Kidney Beans with Macaroni	Creamy Fish with Rice ALT: White Beans with Rice
Banana & Oat muffins with a side of fruit	Rice cakes with cheese, tomato, cucumber and sliced apple	Fresh fruit & dried fruit platter with crackers	Fruit & Vegetable Platter with Pumpkin Hummus & Crackers	Vanilla & Strawberry Cupcakes with a side of apples

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Week Three Winter Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh & Dried Fruit Platter with rice cakes and spread	Greek Yoghurt with Banana and Berries	Fruit & Vegetable Platter with cheese & crackers	Wholemeal Muffins with Baked Beans	Fresh Fruit Platter with rice crackers
Beef Bolognese Pasta ALT: Kidney Beans with Pasta	Vegetable & Chickpea Fried Rice	Chicken Stroganoff Penne ALT: White Beans with Penne	Fish Coconut Curry with Rice ALT: White Beans with Rice	Beef, Spinach & Mushroom Pasta ALT: Kidney Beans with Pasta
Carrot, Zucchini & Apple Muffins with a side of bananas	Antipasto Platter with rice crackers	Apple & Cinnamon Cupcakes with a side of fruit	Fruit & Vegetable Platter with Beetroot Hummus & Rice Cakes	Spiced Pumpkin Cupcakes with a side of sliced apples

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Week Four Winter Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh & Dried Fruit Platter with rice crackers	Fruit Toast with Ricotta Cinnamon Spread and a two-fruit platter	Greek Yoghurt with a side of fruit	Fruit & Vegetable Platter with French Onion Dip	Fresh Fruit Platter with a side of fruit
Selection of Sandwiches	Bowtie Pasta with Ground Beef ALT: Kidney Beans with Pasta	Apricot Chicken with Rice ALT: White Beans with Rice	Beef Cottage Pie ALT: Kidney Beans with Mashed Potato	Indian Spiced Vegetables & Rice
Chocolate, Zucchini Muffins with a side of fruit	Fruit & Vegetable Platter with Hummus and Crackers	Banana Muffins with a side of fruit	Sandwich Fingers with spread	Spinach, Tomato Muffins with a side of Apples

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- Breakfast is a selection of rice bubbles, cereals, wheatbix, full cream milk and milk alternatives (soy milk and rice milk).