

WATERFORD EARLY LEARNING CENTRE MENU – JANUARY 2019

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK ONE: 31ST December 2018	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Rockmelon, Honeydew, Cucumber and Carrot. Afternoon Tea: Frozen Blueberries and Vanilla Greek Yogurt. Menu Changes: Prepare Jelly Ready for Wednesday	<p style="text-align: center;">New Year's Day Public Holiday Centre Closed</p>	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Strawberries, Blueberries, Cucumber and Carrot. Afternoon Tea: Watermelon & Rockmelon with Light Jelly. Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Pineapple, Apple, Capsicum & Cherry Tomatoes. Afternoon Tea: Nectarines, Kiwi Fruit, Cucumber and String beans. Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Pear, Peach, Carrot and Celery. Afternoon Tea: Dried Fruit Platter (Cranberries, Sultanas & Apricots) with Fresh popcorn. Menu Changes:
WEEK TWO: 7th January 2019	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Strawberries, Banana, Carrot and Cucumber. Afternoon Tea: Blueberries, Grapes, Capsicum and Cherry Tomatoes. Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Watermelon, Rockmelon, Celery and Carrot. Afternoon Tea: Frozen Raspberries and Blueberries with Light Custard. Menu Changes: Prepare Jelly Ready for Wednesday	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Honeydew and Nectarine with Light Jelly. Afternoon Tea: Green's Banana Bread Mix with added Sultanas Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Apple, Pineapple, Carrot and Cucumber. Afternoon Tea: Pear, Kiwi Fruit, Cherry Tomatoes and Capsicum. Menu Changes:	Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk. Morning Tea: Apple, Peach, Carrot and Celery. Afternoon Tea: Rockmelon, Pineapple, Green Beans and Cucumber. Menu Changes:

All meals are serviced with the option of cold milk and/or water (Light milk is used for children over the age of 2 years). Alternatives are offered for children with intolerance and/or allergies. All cooked items are prepared with the children and educators as a learning experience when circumstances permit.

<p>WEEK THREE: 14th January 2019</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Blueberries, Pineapple and Grapes with a Hint of Honey Flavoured Greek Yogurt.</p> <p>Afternoon Tea: Carrot, Cucumber and Celery Sticks with Mild Salsa and Natural Corn Chips.</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Strawberries, Banana, Cucumber & Carrot.</p> <p>Afternoon Tea: Grapes, Kiwi Fruit, Cherry Tomatoes and Capsicum.</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Rockmelon, Honeydew, Cucumber and Carrot.</p> <p>Afternoon Tea: Chicken & Vegetable Slice (Pulled Chicken, Grated Cheese, Grated Zucchini and Carrot, Vegetable Oil, Minced Garlic, Eggs & Self Raising Flour.</p> <p>Menu Changes:</p> <p>Prepare Jelly Ready For Thursday.</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Watermelon Slices and Light Jelly.</p> <p>Afternoon Tea: Apple, Pineapple, Carrots and String Beans.</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Apple, Pear, Capsicum and Cucumber.</p> <p>Afternoon Tea: Frozen Blueberries and Vanilla Greek Yogurt.</p> <p>Menu Changes:</p>
<p>WEEK FOUR: 21ST January 2019</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk</p> <p>Morning Tea: Fresh Wholemeal Bread Sandwiches with a Selection of Spreads (Natural Peanut Butter, Vegemite or Strawberry Jam).</p> <p>Afternoon Tea: Strawberries, Grapes, Cucumber and Carrot.</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Banana, Blueberries, Capsicum and Cucumber.</p> <p>Afternoon Tea: Nectarine, Pineapple, Carrot and String Beans.</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Rockmelon, Honeydew, Cucumber and Carrot.</p> <p>Afternoon Tea: Watermelon, Apple, Capsicum and Cherry Tomatoes.</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Pear, Peach, Carrot and Celery.</p> <p>Afternoon Tea: Green's Box Mix Carrot Cake with Added Sultanas and Fresh Grated Carrot.</p> <p>Menu Changes:</p>	<p>Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.</p> <p>Morning Tea: Frozen Mango and Raspberries with Vanilla Greek Yogurt.</p> <p>Afternoon Tea: Apple, Kiwi Fruit, Capsicum and Cucumber.</p> <p>Menu Changes:</p>

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WEEK FIVE:
28TH January
2019

Australia Day Public Holiday Centre Closed

Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.

Morning Tea: Banana, Strawberries, Carrot and Cucumber

Afternoon Tea: Australia Day Foods (Lamingtons and Vegemite Sandwiches (Wholemeal Bread))

Menu Changes:

Prepare Jelly Ready For Wednesday

Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.

Morning Tea: Rockmelon, Watermelon and Light Jelly.

Afternoon Tea: Carrot, Cucumber and Capsicum with Cheese Sticks.

Menu Changes:

Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.

Morning Tea: Apple, Pineapple, Cherry Tomatoes and Green Beans.

Afternoon Tea: Pear, Kiwi Fruit, Cucumber and Celery.

Menu Changes:

Breakfast: Cornflakes, Weet-bix or Rice Bubbles with full Cream/Light Milk.

Morning Tea: Honeydew, Peach, Carrot and Cucumber.

Afternoon Tea: Orange, Apple, Capsicum and Cherry Tomatoes.

Menu Changes:

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