

WEEK 1 MENU

12 months to 5 years

All meals are free of nuts, beef and pork



ACADEMY
OF EARLY EDUCATION
EXPLORE LEARN ACHIEVE

Morning

Lunch

Afternoon

Monday

Artisanal Cereal Bowl

Seasonal Fresh Fruit Medley

Slow-Simmered Chicken Curry with Basmati Rice



Fluffy Blueberry Pancakes

Cheese and Spinach Scrolls

Tuesday

Overnight Weetbix

Garden Veggie Sticks and Dips

Golden-Baked Spanakopita Triangles



Homemade Granola Bars

Artisanal Crackers with Cheese Selection

Wednesday

Artisanal Cereal Bowl

Fruit Kebabs and Yoghurt

Deconstructed Mexican Taco Bowl



Cheese and Spinach Scrolls

Fluffy Blueberry Pancakes

Thursday

Fluffy Blueberry Pancakes

Apple and Cinnamon Muffins

Teriyaki Glazed Chicken with Sauteed Noodles



Fruit Smoothie Popsicles

Artisanal Crackers with Cheese Selection

Friday

Artisanal Cereal Bowl

Warm Banana Loaf Slice

Baked Ross il-Forn



Homemade Granola Bars

Gourmet Sandwich Selection

All Academy menus have been designed to comply with criteria set by the following: Australia Dietary Guidelines, Get Up and Grow, The Australian Guide to Healthy Eating and the National Quality Standard. Menus provide a minimum of 50% of the recommended daily intake of all nutrients required for each day while in care. The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages.

WEEK 2 MENU

12 months to 5 years

All meals are free of nuts, beef and pork



ACADEMY
OF EARLY EDUCATION
EXPLORE LEARN ACHIEVE

Morning

Lunch

Afternoon

Monday

Artisanal Cereal Bowl

Mini Fluffy Pikelets

Chicken Fried
Rice with
Vegetables



Classic ANZAC
Biscuits

Artisanal Crackers
with Cheese
Selection

Tuesday

Chilled Overnight
Oats

Tropical Fruit
Smoothie Bowl

Crispy Broccoli
and Carrot
Tots



Vegemite and Cheese
Scrolls

Seasonal Fruit and
Crackers

Wednesday

Artisanal Cereal Bowl

Banana Oat
Power Bar

Creamy Baked
Macaroni and
Cheese



Gourmet Sandwich
Selection

Artisanal Crackers
with Cheese
Selection

Thursday

Chilled Overnight
Oats

Mixed Berry
Oat Delight

Mediterranean
Vegetable and
Pasta Bake



Warm Pita Bread
with Trio of Dips

Vegemite and Cheese
Scrolls

Friday

Artisanal Cereal Bowl

Apple and Pear
Crumble with
Yoghurt

Slow-Simmered
Chicken Curry with
Basmati Rice



Fluffy Buttermilk
Pancakes

Artisanal Crackers
with Cheese
Selection

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