



SPRING / SUMMER

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Menu

*The
Fern* EARLY
LEARNING
CENTRE

SPRING/SUMMER WEEK ONE

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Menu Guidelines](#)

MON

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Broccoli and Garlic Penne Pasta

Broccoli, carrots, onions, garlic,
cream of celery soup, Penne Pasta.

Water to drink

Assorted Wholemeal Sandwiches

Cheese, lettuce, tomatoes, cucumber.

**Berry
Smoothies**

TUE

Morning Tea

Natural Yoghurt & Fresh Fruit

Chicken & Vegetable loaf served with potato mash

Served with potato mash Chicken mince with sautéed
grated vegetable and herbs made into a meat loaf served
with potato mash. **Water to drink**

Vegetable Platter

Carrot, celery, sultanas, tasty cheese, apple.

**Fruit and rice
crackers**

Breakfast

Children have a choice
of wholemeal toast with
spreads Or Cereal –
Wholegrain Cereals or Oats
Served with a
glass of water or milk
to drink.

WED

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Tuna & Zucchini Slice

Zucchini, onion, garlic, oil, Tuna in brine, shredded tasty
cheese, self-raising flour, eggs. **Water to drink**

Savory platter with tzatziki dip

Whole meal pita bread, cream cheese, cucumber,
carrot & celery sticks.

**Fruit and rice
crackers**

THU

Morning Tea

Raisin Bread with margarine spread & milk

Chickpea & Mince Rice

Beef mince, rice, chickpeas, onion, crushed tomatoes, tomato
paste, garlic, black pepper, oil. **Water to drink**

Corn cakes with hummus dip

Corn cakes, celery sticks, carrots, chickpeas, tahini,
lemon juice & garlic.

**Fruit and rice
crackers**

FRI

Morning Tea

Fruit Platter

Apple, pear, orange, banana & Milk

Apricot chicken with rice and vegetables

Apricots, Chicken breasts, onion, rosemary, cinnamon,
pepper, parsley, olive oil. Rice. **Water to drink**

Cheese and Chive Scones

Self-Raising Flour, butter, chives, mixed dried herbs,
tasty cheese, milk.

**Fruit and rice
crackers**

SPRING/SUMMER WEEK TWO

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Breakfast

Children have a choice of wholemeal toast with spreads Or Cereal – Wholegrain Cereals or Oats Served with a glass of water or milk to drink.

MON

Morning Tea

Yoghurt with seasonal fruit

Chicken and Broccoli Pasta

Grilled Chicken pieces with Steamed Broccolini, carrot, zucchini served with wholemeal pasta and parmesan cheese. **Water to drink**

Rice Cakes with Spreads

Rice cakes, Cream Cheese, vegemite, avocado.

Fruit and rice crackers

TUE

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Tuna and Mushroom Fettuccini

Carrots, zucchini, tomatoes, tuna, mushrooms, tomato sauce & wholemeal pasta. **Water to drink**

Banana bread

Butter, flour, cinnamon, bananas, milk, baked.

Berry Smoothie

WED

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Lamb Stir Fry Noodles

Lamb, noodles, onions, garlic, sweet soy sauce, tomato sauce, Asian stir fry mix vegies. **Water to drink**

Wholemeal Wraps

Whole meal wraps, cheese, Lettuce, cucumber & grated carrot.

Berry Smoothie

THU

Morning Tea

Wholemeal toast with mashed banana

Pasta with Bolognese Sauce

Beef mince, onions, garlic, carrot, zucchini, celery, capsicum, tomato, Bow Pasta, parmesan cheese. **Water to drink**

Mixed Platter

Tasty cheese, apple slices, carrot, celery served with pita bread & milk.

Fruit and rice crackers

FRI

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Spinach and Potato Risotto

Rice, sweet potatoes, spinach, onions, Massel vegetable stock powder. **Water to drink**

Savoury Platter with tzatziki dip

Greek yogurt, mint, celery, cucumber, carrots and whole meal pita bread.

Fruit and rice crackers

SPRING/SUMMER WEEK THREE

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Menu Guidelines](#)

Breakfast

Children have a choice of wholemeal toast with spreads Or Cereal – Wholegrain Cereals or Oats Served with a glass of water or milk to drink.

MON

Morning Tea Fruit Platter

Apple, pear, orange, banana & Milk

Tuna Pie with Potato Topping Bake

Tuna, potato, peas, carrot, leak, corn, milk, tasty cheese, thickened cream. **Water to drink**

Wholemeal sandwiches

Wholemeal bread, cream cheese, lettuce, margarine.

Fruit and rice crackers

TUE

Morning Tea

Natural Yoghurt and Seasonal Fruit

Strawberries, Bananas, apples served with natural yoghurt

Spaghetti Bolognese

Mince, passata, onions, garlic, mushroom, mixed veggies, pasta and cheese. **Water to drink**

Savory Platter

Sultanas, carrots, celery, cucumber, apple, tasty cheese, rice crackers.

Fruit and rice crackers

WED

Morning Tea Fruit Platter

Apple, pear, orange, banana & Milk

Savoury Mince & Mash Potato

Beef mince, onion, garlic, carrot, massal gravy mix, potatoes, milk. **Water to drink**

Wholemeal Crumpets

Crumpets served with variety of spreads.

Berry Smoothie

THU

Morning Tea Vegetable Platter

Carrot, celery, capsicum, tasty cheese, apple & Milk

Vegetable Risotto

Roasted Vegetables, Arborio Rice and parmesan cheese. **Water to drink**

Natural Yogurt with Fruit

Greek yoghurt, sliced peaches in juice.

Fruit and rice crackers

FRI

Morning Tea Fruit Platter

Apple, pear, orange, banana & Milk

Apricot chicken with rice and vegetables

Apricots, Chicken breasts, onion, rosemary, cinnamon, pepper, parsley, olive oil. Rice. **Water to drink**

Cheese and Chive Scones

Self-Raising Flour, butter, chives, mixed dried herbs, tasty cheese, milk.

Fruit and rice crackers

SPRING/SUMMER WEEK FOUR

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Breakfast

Children have a choice of wholemeal toast with spreads Or Cereal – Wholegrain Cereals or Oats Served with a glass of water or milk to drink.

MON

Morning Tea Fruit Platter

Apples, oranges, watermelon, bananas

Mexican beef chili con carne

Rice, cheese, beef, Mexican spices, kidney beans, crushed tomatoes, chickpeas, carrots. **Water to drink**

Savoury Platter

Carrots, apples, continental cucumber, celery, Cheese, rice crackers.

Fruit and rice crackers

TUE

Morning Tea

Natural Yoghurt and Seasonal Fruit

Strawberries, Bananas, apples served with natural yoghurt

Spaghetti Bolognese

Mince, passata, onions, garlic, mushroom, mixed veggies, pasta and cheese. **Water to drink**

Savoury Platter

Sultanas, carrots, celery, cucumber, apple, tasty cheese, rice crackers.

Fruit and rice crackers

WED

Morning Tea Mixed Platter

Carrots, continental cucumber, apple, pear tasty cheese

Vegetable Lasagne

Pasta, cheese, garlic, crushed tomatoes, mushroom, celery, carrots and zucchini. **Water to drink**

Assorted Sandwiches

Wholemeal bread, sliced cheese, tomatoes, lettuce.

Fruit and rice crackers

THU

Morning Tea Fruit Platter

Apples, Watermelon, pears, bananas

Chicken, Couscous Paella

Chicken thigh fillets, paprika, red capsicum, tomatoes, frozen peas, chicken stock, couscous. **Water to drink**

Rice Cakes with Spreads

Rice Cakes, vegemite, Cream cheese.

Berry Smoothie

FRI

Morning Tea Mixed Platter

Carrots, continental cucumber, apple, pear tasty cheese

Tuna and Mushroom Bolognaise

Carrots, zucchini & tomatoes, tuna, mushroom, tomato sauce served with pasta. **Water to drink**

Pita Bread & Dip

Pita bread cut in small pieces; homemade dip.

Fruit and rice crackers