

MENU



WINTER

Gluten, egg and dairy free options also available

SAMPLE

FLINDERS UNIVERSITY CHILDCARE CENTRE

SF = Seasonal Fruit
VP = Vegetable Platter
M = Milk

MONDAY

WEEK 1

Paris Creek yogurt served with berry puree (SF)
MORNING TEA

Italian lentil and vegetable soup with garlic bread (SF and VP)
LUNCH

Corn on the cob vegetable (snow peas, cucumber, capsicum, steamed carrot sticks) egg and cheese platter
AFTERNOON TEA

WEEK 2

Mixed bread platter (SF, VP and M)
MORNING TEA

Rosie's vegetable curry served with brown rice and yogurt raita (SF and VP)
LUNCH

Muesli bars (SF and VP)
AFTERNOON TEA

TUESDAY

WEEK 1

Homemade banana bread (SF, VP and M)
MORNING TEA

Stack your own baked potato (corn, baked beans, coleslaw yogurt, cheese) (SF and VP)
LUNCH

Homemade beetroot dip served with cucumber sticks, brown rice cakes (SF and VP)
AFTERNOON TEA

WEEK 2

Paris Creek yogurt served with berry puree (SF)
MORNING TEA

Minestrone soup with cheese pull a-part bread (SF and VP)
LUNCH

Zucchini slice (SF and VP)
AFTERNOON TEA

WEDNESDAY

WEEK 1

Porridge with apple and pear served with lemon myrtle seed mix (SF and M)
MORNING TEA

Black bean soup with corn salsa and corn bread (SF and VP)
LUNCH

Seasonal fruit crumble served with yogurt (SF and VP)
AFTERNOON TEA

WEEK 2

Bircher muesli served with lemon myrtle seed mix (SF)
MORNING TEA

Red bean tacos with guacamole, cheese and yogurt (SF and VP)
LUNCH

Homemade carrot and quinoa muffins (SF and VP)
AFTERNOON TEA

THURSDAY

WEEK 1

Mixed bread platter (SF, VP and M)
MORNING TEA

Wholemeal pasta with tomato and red lentil sauce served with grated cheese, broccoli and carrots (SF and VP)
LUNCH

Vegetable sushi platter (nori, boiled egg, cucumber, grated carrot, avocado) (SF)
AFTERNOON TEA

WEEK 2

Homemade banana bread (SF, VP and M)
MORNING TEA

Lentil and vegetable shepard's pie served with steamed vegetables (carrots and broccoli) (SF and VP)
LUNCH

Homemade carrot yogurt dip with wholemeal flat bread and cucumber sticks (SF and VP)
AFTERNOON TEA

FRIDAY

WEEK 1

Bircher muesli served with lemon myrtle seed mix (SF)
MORNING TEA

Lentil and vegetable lasagne served with a garden salad (SF and VP)
LUNCH

Homemade carrot and quinoa muffins (SF and VP)
AFTERNOON TEA

WEEK 2

Porridge with apple and pear served with lemon myrtle seed mix (SF and M)
MORNING TEA

Sweet potato mash, tomato lentil sauce and yogurt served with a garden salad (SF and VP)
LUNCH

Vegetable sushi platter (nori, boiled egg, cucumber, grated carrot, avocado) (SF)
AFTERNOON TEA

MENU



SUMMER

Gluten, egg and dairy free options also available

SAMPLE

FLINDERS UNIVERSITY CHILDCARE CENTRE

SF = Seasonal Fruit
VP = Vegetable Platter
M = Milk

MONDAY

WEEK 1

Paris Creek yogurt served with berry puree (SF)
MORNING TEA

Rosie's vegetable curry served with brown rice and yogurt raita (SF and VP)
LUNCH

Corn on the cob vegetable (snow peas, cucumber, capsicum, steamed carrot sticks) egg and cheese platter
AFTERNOON TEA

WEEK 2

Mixed bread platter (SF, VP and M)
MORNING TEA

Wholemeal Pasta with Tomato and Red Lentil Sauce served with grated cheese, broccoli and carrots (SF and VP)
LUNCH

White Bean Dip served with cucumber sticks, wholemeal Flat Bread (SF and VP)
AFTERNOON TEA

TUESDAY

WEEK 1

Homemade banana bread (SF, VP and M)
MORNING TEA

Create your own Noodle Bowl: noodles, 2 sauces, tofu, sprouts, grated carrot, red capsicum, steamed broccoli, corn, baby spinach leaves (SF and VP)
LUNCH

Hummus served with cucumber sticks, wholemeal Flat Bread (SF and VP)
AFTERNOON TEA

WEEK 2

Coconut Chia Pudding (SF and M)
MORNING TEA

Vegetarian Burgers (SF and VP)
LUNCH

Carrot Yogurt dip with wholemeal flat bread and cucumber sticks (SF and VP)
AFTERNOON TEA

WEDNESDAY

WEEK 1

Coconut Chia Pudding (SF and M)
MORNING TEA

Sweet Potato Mash with Tomato Lentil Sauce and Yogurt served with a garden salad (SF and VP)
LUNCH

Muesli bars (SF and VP)
AFTERNOON TEA

WEEK 2

Homemade banana bread (SF, VP and M)
MORNING TEA

Red bean tacos with guacamole, cheese and yogurt (SF and VP)
LUNCH

Vegetable sushi platter (SF and VP)
AFTERNOON TEA

THURSDAY

WEEK 1

Mixed bread platter (SF, VP and M)
MORNING TEA

Lentil and vegetable lasagne served with a garden salad (SF and VP)
LUNCH

Tzatziki served with cucumber sticks, wholemeal Flat Bread (SF and VP)
AFTERNOON TEA

WEEK 2

Bircher muesli served with lemon myrtle seed mix, and cooked seasonal Fruit (apple, pears, apricots) (SF)
MORNING TEA

Mixed Sandwiches (SF and VP)
LUNCH

Spinach, Corn, Pumpkin and Pasta Muffins (SF and VP)
AFTERNOON TEA

FRIDAY

WEEK 1

Bircher muesli served with lemon myrtle seed mix, and cooked seasonal Fruit (apple, pears, apricots) (SF)
MORNING TEA

Vegetable Samosas served with Fresh Green Yogurt Chutney, Cucumber and Tomato Pieces (SF and VP)
LUNCH

Vegetable sushi platter (nori, boiled egg, cucumber, grated carrot, avocado) (SF)
AFTERNOON TEA

WEEK 2

Paris Creek yogurt served with berry puree (SF)
MORNING TEA

Spinach and Ricotta Pasta Bake (SF and VP)
LUNCH

Apple Crumble served with yogurt (SF and VP)
AFTERNOON TEA