



ASCOLTA EARLY LEARNING & CARE

WINTER 2022 MENU – WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk
Morning Tea	Cheese and Corn Muffins	Hummus with Carrot and cucumber sticks, watermelon, apple and cheese	Raisin Toast, sliced apple and warm milk	Vegemite and jam sandwiches with Banana	Cheese and Tomato Croissants
Lunch	Minced Beef with Burritos with Cheese and Salad	Vegetarian Minestrone Soup	Sweet And Sour Chicken with Rice	Vegetarian Pasta Bake with Spinach	Crumbed Fish with Mashed Pumpkin and Peas
Vegetarian option	Mixed Vegetables with Burritos and Salad	As above	Vegetarian Sweet and Sour with Rice	As above	Falafel with Mashed Pumpkin and Peas
Babies	As above	As above	As above	As above	Rice cakes with assorted spreads
All Honey Bees are offered 3 different steamed vegetables daily.					
Afternoon Tea	Yogurt with Slice Peaches	Carrot and Sultanas Cake	Lemon Myrtle Cookies	Sao Crackers with cheese sliced Tomato and Orange Wedges	Fruit Platter Homemade muesli bars
Late snacks	Crackers and fruits	Crackers and fruits	Crackers and fruits	Crackers and fruits	Crackers and fruits



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WINTER 2022 MENU – WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk
Morning Tea	Baked Beans on Toast	Baked Pancake with Berries	Water Crackers with Cheese, Apple and Sultanas	Crumpets with Honey and Banana	Banana Bread
Lunch	Tuna Mornay	Vegetarian Fried Rice	Potato & Leak Soup served with Garlic Bread	Chicken Stew with Rice	Meatballs in a Red Sauce with Spaghetti
Vegetarian option	Vegetarian Mornay	As above	Vegetarian Corn Soup with Garlic Bread	As above	Vegetables in a Red sauce with spaghetti
Babies	As above	As above	As above	As above	As above
	All Honey Bees are offered 3 different steamed vegetables daily.				
Afternoon Tea	Date Cake	Sultanas Bread Triangle with Dried Apricots	Cheese Scones	Raw Chocolate Brownie Bites with Rice Crackers and Cheese	Apple & strawberry crumble with seasonal fruit and yogurt
Late snacks	Crackers and fruits	Crackers and fruits	Crackers and fruits	Crackers and fruits	Crackers and fruits



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WINTER 2022 MENU – WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk
Morning Tea	Finger Sandwiches with assorted spreads	Sao and Water crackers with dried fruits, cheese and tomato	Toasted English muffins with cheese and tomato	Homemade Bread with jam and bannana	Baked pancake with seasonal fruit with milk
Lunch	Dhal with Vegetables served with rice	Apricot Chicken served with Couscous	Mac and Cheese	Chicken Fried Hokkien Noodles	Cottage Pie with Green Salad (Minced Beef)
Vegetarian option	As above	Apricot Chickpea with Vegetables served with couscous	As above	Vegetarian Fried Hokkien Noodles	Vegetarian Pie
Babies	As above	As above	As above	As above	As above
	All Honey Bees are offered 3 different steamed vegetables daily.				
Afternoon Tea	Coconut and Sultana Muffins	Apple and Cinnamon Scrolls	Roasted sweet potato & feta cheese dip served with water crackers	Beetroot brownies with fruit & milk	Rice cakes with a variety of spreads and Sliced Apple
Late snacks	Crackers and fruits	Crackers and fruits	Crackers and fruits	Crackers and fruits	Crackers and fruits



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WINTER 2022 MENU – WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk	A choice of cereal with milk
Morning Tea	Baked Beans on Toast	Rice Cakes with variety of Spreads and banana	Fruit Toast with Apple	Vegemite and Cheese Scrolls	Oats served with Milk and Sultanas
Lunch	Chickpea & Vegetable Casserole served with Rice	Crumbed Fish with Roast Sweet Potato and Burritos	Pumpkin and Sweet Potato Soup served with Pasta	Beef Stroganoff served with Rice	Roast Chicken & Gravy served with Mashed Potato and Peas
Vegetarian option	As Above	Vege Fritter with Roast Sweet Potato and Burritos	As above	Mushroom Stroganoff served with rice	Falafel served with Mashed Potato and Peas
Babies	As above	As above	As above	As above	As above
All Honey Bees are offered 3 different steamed vegetables daily.					
Afternoon Tea	Crunch Platter with homemade dip, vegetables, cheese, crackers	Strawberry & Coconut slice with fruit & milk	Oats & Sultana Cookies with Pear	Yogurt with Blueberries	Zucchini Cake
Late snacks	Crackers and fruits	Crackers and fruits	Crackers and fruits	Crackers and fruits	Crackers and fruits