



# Elm St Early Learning Centre Menu Options



Breakfast/Morning Tea	Lunch		Dessert (serve at afternoon tea)	Drinks	Afternoon Tea	Fruit/Veggies
Cereal - Wheat Biscuits -Corn Flakes - Rice Puffs -Banana -sliced fresh fruit and vegies	<b><u>Meat</u></b> Meat Loaf Mexican Beef Burritos Beef Stroganoff & Rice; Beef Goulash Beef & Vegetable Casserole Chilli Con Carne & Rice Hawaiian Meat Balls Beef 'n' Bean Balls; Black bean paste w/mince Beef Stir Fry Mince & Beans Mexican Style Spaghetti Bolognese Savoury Chilean Mince Beef Burger Patties; Bulgogi Fettuccini Carbonara Shepherd's Pie Tomato glazed Meat Loaf Bobotie Lamb and Noodle Hot Pot Moroccan Lamb with couscous Sweet Lamb Curry; lamb in spinach Lamb and Lentil Hot Pot <b><u>Chicken</u></b> Chicken Cacciatore; chicken/veg ragou Baked Chicken Apricot Chicken Chicken Noodle Soup Chicken Stir Fry Satay Chicken Chicken Chow Mein Chicken and Vegetable Rolls <b><u>Fish</u></b> Tuna Cakes Spinach Tuna Bake Tuna Casserole with Sauce Broccoli and Salmon Tagliatelle Tuna Pasta Bake/ Creamy Tuna and Pea Pasta Bake	<b><u>Vegetarian</u></b> Easy Bean Hot Pot Potato & Vegetable Quiche Zucchini Slice Vegetable Au Gratin Veg Stir Fry;Fried rice w/tofu Cheesy Broccoli Mornay Lentil Soup Pasta Roma;Macaroni Bake Penne Napolitana Minestrone with Pesto Pizza Cauliflower Au Gratin Broccoli and Garlic - - Pasta Vegetable Lentil-Bolognese <b><u>Sandwiches</u></b> with Wholemeal Bread - Ham (chicken, turkey) - Cheese - Vegemite *All lunch dishes are served with a variety of vegetables eg: broccoli, carrots, cauliflower, beans, peas, potatoes, zucchini, pumpkin, corn cob and celery or Salads * Cut vegetables eg: lettuce, tomato, cucumber and sweet potato are served during afternoon tea.	Natural Yoghurt Fresh Fruit Mix Fruit Smoothie Mix Vegetable Smoothie Crunch yoghurt cups/yoghurt bars <hr/> Salads <hr/> Cauliflower Tabouli Coleslaw Fattoush Salad Mixed Salad Salads, lettuce radishes, baby Spinach and cucumbers	Water Milk	Wholemeal bread crumpets Plain Muffins Blueberry Muffins Mixed Berry Muffins Banana Muffins; Corn Muffin Spinach and Feta Muffins/gozleme Apple Cinnamon Muffins Plain Cup Cakes Vanilla Cakes Eggless Chocolate Cake Pikelets or Pancakes Cheese Puffs Rice Cakes Crispbreads Crackers & Cheese Fruit Loaf ; Lebanese Bread Crusty Bread Spiced Carrot Muffins Semolina Muffins Apple Cinnamon Muffins Hummus Dip;Avocado Dip Sweet potato dip; cheesy corn bites Tzatziki ; Beetroot dip Roasted Capsicum <b>Bread/cracker/spread/match:</b> Olive oil; vegemite; cheese cubes; labneh; cottage cheese; cheese slice	Pear Apple Orange Banana Kiwi Fruit Rockmelon Watermelon Honey Dew Melon Strawberries Stone Fruit Carrot Celery Cucumber

