



Childcare Centres  
of Excellence

# SUMMER MENU2

## OUR FOOD PHILOSOPHY

*"We serve to nourish the children in our care by preparing fresh, nutrient-rich food, providing an educational and supportive eating environment and are committed to ongoing training and development."*

## WHAT MAKES UP OUR MENU?

WHOLE GRAINS,  
LEGUMES & FLOURS

HEALTHY,  
UNREFINED FATS

LEAN, QUALITY  
PROTEIN

IN SEASON  
VEGETABLES

ORGANIC DAIRY

IN SEASON  
FRUIT



## WHAT'S IN SEASON THIS MONTH?

### VEGETABLES

Capsicum  
Celery  
Cucumber  
Eggplant  
Green beans  
Leek  
Radish  
Snow peas  
Sugar snap peas  
Sweet corn  
Zucchini

### FRUIT

Blackberries  
Figs  
Grapes  
Honeydew melon  
Nectarines  
Passionfruit  
Plums  
Pineapple  
Rockmelon  
Watermelon

# SUMMER MENU 2

AGES 1-12 | 30TH JAN - 10TH MAR

GF | Gluten Free  
DF | Dairy Free  
EF | Egg Free  
NF | Nut Free  
V | Vegan  
VO | Vegan Option

## MORNING TEA

## LUNCH

## AFTERNOON TEA

## LATE SNACK

MON

**Sneaky zucchini & sweet corn fritters** made from wholemeal flour, baking powder, free-range eggs, Barambah Organic cheese, full cream milk and extra virgin olive oil. Served with avocado and orange wedges.

NF

**Rainbow soba noodle salad bowls with sweet & sticky teriyaki chicken** made with free-range chicken breast, soba noodles, nori, zucchini noodles, carrot, roasted broccoli with tamari and honey or pure maple dressing.

DF | EF | NF

**Summer veggie grazing platter** with brown rice crackers or organic natural corn chips, Barambah Organic cheese, apple slices, edamame, seasonal veggie sticks, preservative-free sultanas & strawberries.

GF | EF | NF

Wholemeal sourdough sandwiches or organic corn thins with avocado, cheese & lettuce or chia jam, house-made popcorn.

V | EF | NF

TUE

**Coconut & strawberry smoothies** made with frozen strawberries, natural coconut yoghurt, unsweetened coconut milk, whole oats, chia seeds, raw honey or pure maple. Served with bananas and watermelon stars..

GF | DF | NF

**Build-your-own beefy cheeseburgers** with grilled quality lean beef mince and hidden veg patties, served with Barambah Organic cheese slices, tomato, carrot, lettuce and house-made tomato sauce, whole egg mayo served on Gold Coast Bakery Wholemeal Sliders.

NF

**Summer veggie grazing platter** with brown rice crackers or organic natural corn chips, cubes of cheese, apple slices, edamame, veggie sticks (cucumber, snow peas), preservative-free sultanas and strawberries.

GF | EF | NF

Wholemeal sourdough sandwiches or organic corn thins with avocado, cheese & lettuce or chia jam, house-made popcorn.

V | EF | NF

WED

**Dippy French toast fingers & blueberry chia jam** made with Gold Coast Bakery wholegrain sourdough bread, free-range eggs, coconut milk, cinnamon & pure maple syrup. Served with Barambah Organic Greek yoghurt, pure maple syrup, banana slices & house-made blueberry chia jam.

NF

**Cauliflower fried rice with hidden tofu & veggie confetti** made with cauliflower rice, brown rice, crumbled tofu, onion, garlic served with bowls of diced self select rainbow veggies & tamari dressing.

GF | NF | V

**Hummus meze platter with and organic corn chips or/brown rice crackers** made with organic chickpeas, tahini\*, lemon juice, olive oil, salt and pepper and served with seasonal veggie sticks.

GF | EF | NF | V

Wholemeal sourdough sandwiches or organic corn thins with avocado, cheese & lettuce or chia jam, house-made popcorn.

V | EF | NF

THU

**Spanakopita rolls** made with quality filo pastry, free-range eggs, baby spinach, silverbeet, mashed chickpeas, onion, garlic, Barambah Organic tasty and ricotta cheese. Served with house-made tomato sauce and bananas on the side..

DF | NF

**Fish and chippies** made with wild-caught whiting fillets coated in wholegrain breadcrumbs served with skin-on potato wedges and apple slaw incl. cabbage or lettuce, apple slices, cucumber, grated carrot and whole egg mayonnaise.

EF | NF

**Tropical fruit salad with Barambah Organic Greek yoghurt** lightly sweetened with honey & vanilla bean, served with a trio of colourful seasonal fruit.

GF | EF | NF

Wholemeal sourdough sandwiches or organic corn thins with avocado, cheese & lettuce or chia jam, house-made popcorn.

V | EF | NF

FRI

**Baby banana breads** made with banana, dried dates, chia seeds, wholewheat flour, rapadura sugar, preservative-free coconut or olive oil, free-range eggs, cinnamon. Served with orange wedges and watermelon shapes.

DF | NF

**Oodles of noodles rainbow salad bowls with sweet & sticky teriyaki chicken** made with marinated chicken breast, rice noodles, shredded nori, zucchini noodles, shredded carrot, finely shredded red cabbage or broccoli, edamame beans, snow peas & dressed with tamari & honey dressing.

GF | DF | EF | NF

**Tropical fruit salad** with served with Barambah Organic Greek yoghurt lightly sweetened with honey and vanilla bean, served with a trio of colourful seasonal fruit e.g. Summer stone fruit, mango, pineapple, sliced grapes or berries etc.

GF | EF | NF

Wholemeal sourdough sandwiches or organic corn thins with avocado, cheese & lettuce or chia jam, house-made popcorn.

V | EF | NF

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## BACK UP MENU OPTIONS 30TH JAN - 10TH MAR

*"Our policy has been updated to accomodate children who are struggling to enjoy their food. These options will be offered in the event a child is refusing to eat the menu on a specific day."*

### OPTION 1

Leftovers from current day's menu.

### OPTION 2

Organic corn thins with cheese, avocado, tomato and/or lettuce.

### OPTION 3

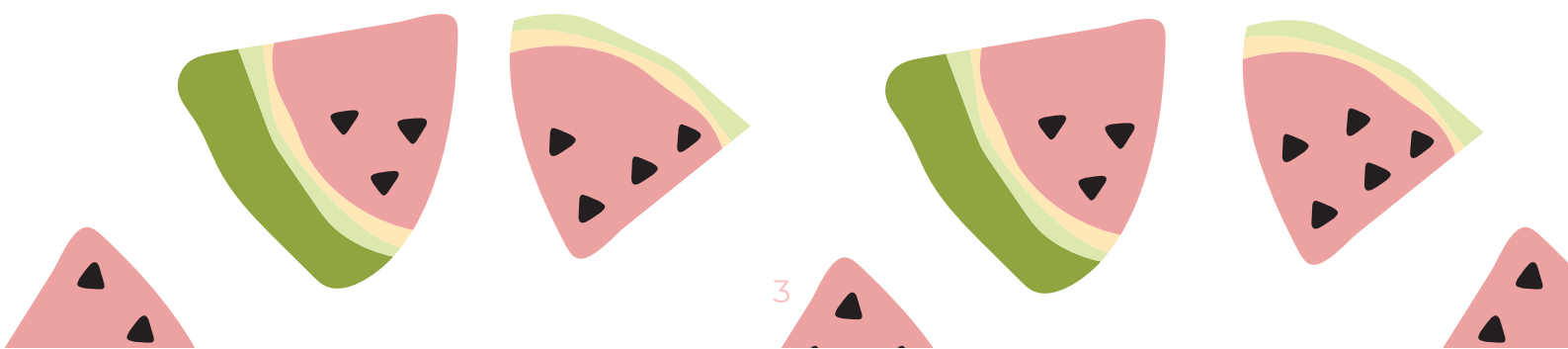
Banana smoothie with banana, Greek or coconut yoghurt, honey (optional), chia seeds and whole oats if not GF.

### MENU CHANGES

*Fresh produce menu items might change due to availability and seasonality week to week. Our kitchen teams will select the next-best option, in line with our food philosophy and policies.*

### ALLERGIES, INTOLERANCES & PREFERENCES

*All children with allergies, intolerances of dietary preferences will be provided with a nutritious alternative similar to what's on the displayed menu. The centre must be notified in writing of any such requests or any adjustments to your child's current dietary requirements.*



# SUMMER MENU 2

BABIES UP TO 12 MONTHS  
30TH JAN - 10TH MAR

## WEEK A

## WEEK B

### SWEET

Banana porridge made with mashed bananas, soaked whole oats, chia seeds and rice or oat milk.

*\*Option to alternate with apple, pear, blueberries and/or raspberry.*

V | GFO | DF | EF | NF

Blueberry and apple brown rice pudding pureed with organic coconut milk.

*\*Option to alternate with banana, raspberries and/or pear.*

V | GF | DF | EF | NF

### SAVOURY

Puréed roast pumpkin, carrot and potato with extra virgin olive oil, free-range roast chicken breast.

*\*Option to alternate with brown rice, sweet potato and/or zucchini.*

GF | DF | EF | NF

Broccoli, peas, zucchini, wholewheat pasta, extra virgin olive oil.

*\*Option to alternate with potato, sweet potato, carrot and/or spinach (baby or English).*

V | GF | DF | EF | NF

### ADDITIONAL FOODS

- Banana, mashed
- Avocado, mashed
- Barambah Organic natural pot-set yoghurt or natural coconut yoghurt
- Whole Kids Organic corn puffs
- Gold Coast Bakery Organic Wholemeal Sourdough toast with avocado or banana

