

Coombs Early Learning Spring and Summer Menu



MENU WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast between 7:30am-8:30am)	Children can choose from a selection of wholegrain cereals (Rice Bubbles, Corn Flakes, Nutri Grain & Weet-Bix)				
Morning Tea (Offered to children between 9.00am-10am)	<i>Baked Beans & Toast with Seasonal Fruit Platter</i>	<i>Porridge & Berries</i>	<i>Apple Crumble & Yogurt</i>	<i>Pancakes & Warm Milo with Seasonal fruit Platter</i>	<i>Banana Bread & Yoghurt</i>
Lunch (Offered to children between 11.30am -1.30pm)	<i>Pumpkin, Mix vegetable & 5 Bean Soup & Garlic Bread</i>	<i>Lamb & mix Vegetable Spaghetti</i>	<i>Fish & mix vegetable curry with Rice</i>	<i>Chicken & Mix Vegetable Lasagna</i>	<i>Beef Meat Balls with Mashed Potato & Steamed Vegetables</i>
		<i>Tomato, Vegetable, Lentil & 5 Bean Spaghetti</i>	<i>Mix Vegetable Dhal & Rice</i>	<i>Tofu & Mix Vegetable Tajine</i>	<i>Vegetarian Falafel Balls with Mashed Potato & Steamed Vegetables</i>
Afternoon Tea (Offered to children between 2-3pm)	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>
Late Snack (Offered to children between 4:30-5:00pm)	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>
Water	Water is freely available throughout the day.				
Babies and infants	A variety of healthy foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans, tofu, fruit vegetables, grains and milk products)				
Allergies	Children with allergies or food intolerances are provided a tailored version of the regular menu to suit their individual needs				
Inclusions	Protein is included in the menu daily, served through red meat, poultry, fish, and vegetarian options such as lentils and tofu. is included on. There is at least one vegetarian meal option per day. The menu includes 1 serve of meat/meat alternative per child per day. 1 serve fruit per child per day. 2-3 types per day, 5 different each week. 1 – 1/12 children serve of vegetables and legumes per child per day. 2 children's serves of milk per day. 2 serves of grain per day. Hi fibre (wholegrain and wholemeal) included 3 times per week.				

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MENU WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast between 7:30am-8:30am)	Children can choose from a selection of wholegrain cereals (Rice Bubbles, Corn Flakes, Nutri Grain & Weet-Bix)				
Morning Tea (Offered to children between 9.00am-10am)	<i>Baked Beans & Toast with Seasonal Fruit Platter</i>	<i>Yogurt Bowls with Berries & Granola</i>	<i>Raisin Bread with Banana Smoothie</i>	<i>Pancakes & Warm Milo with fruit platter</i>	<i>Fruit Salad & Yoghurt</i>
Lunch (Offered to children between 11.30am -1.30pm)	<i>Sundried Tomato Pasta with vegetables, lentils & beans</i>	<i>Beef Chilli Con Carne with Vegetables & Rice</i>	<i>Lamb & Mix Vegetable Shepards Pie</i>	<i>Chicken &Vegetable Tarjin with Rice</i>	<i>Fish & Vegetable Pasta</i>
		<i>Vegetarian Curry & Rice</i>	<i>Lentil Shepards pie</i>	<i>Vegetarian Tarjin with Rice</i>	<i>Tofu & Mix Vegetable Pasta</i>
Afternoon Tea (Offered to children between 2-4pm)	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>
Late Snack (Offered to children between 4:30-5:00pm)	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>
Water	Water is freely available throughout the day.				
Babies and infants	A variety of healthy foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans, tofu, fruit vegetables, grains and milk products).				
Allergies	Children with allergies or food intolerances are provided a tailored version of the regular menu to suit their individual needs.				
Inclusions	Protein is included in the menu daily, served through red meat, poultry, fish, and vegetarian options such as lentils and tofu. is included on. There is at least one vegetarian meal option per day. The menu includes 1 serve of meat/meat alternative per child per day. 1 serve fruit per child per day. 2-3 types per day, 5 different each week. 1 – 1/12 children serve of vegetables and legumes per child per day. 2 children's serves of milk per day. 2 serves of grain per day. Hi fibre (wholegrain and wholemeal) included 3 times per week.				

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MENU WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast between 7:30am-8:30am)	Children can choose from a selection of wholegrain cereals (Rice Bubbles, Corn Flakes, Nutri Grain & Weet-Bix)				
Morning Tea (Offered to children between 9.30am-10am)	<i>Baked Beans & Toast with Seasonal Fruit Platter</i>	<i>Pancakes & Warm Milo with Seasonal fruit platter</i>	<i>Banana Bread & Yogurt</i>	<i>Porridge & Berries</i>	<i>Apple Crumble & Yoghurt</i>
Lunch (Offered to children between 11.30am -1.30pm)	<i>Pumpkin, mix vegetable & 5 bean soup & Garlic Bread</i>	<i>Chicken & Mix Vegetable Lasagna</i>	<i>Beef Meat Balls with Mashed Potato & Steamed Vegetables</i>	<i>Lamb & Mix Vegetable Spaghetti</i>	<i>Fish & mix vegetable curry with Rice</i>
	<i>Vegetarian option</i>	<i>Tofu & Mix Vegetable Tajine</i>	<i>Vegetarian Falafel Balls with Mashed Potato & Steamed Vegetables</i>	<i>Tomato, mix vegetable, lentil & 5 bean spaghetti</i>	<i>Mix Vegetable Dhal & Rice</i>
Afternoon Tea (Offered to children between 2-4pm)	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>
Late Snack (Offered to children between 4:30-5:00pm)	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>
Water	Water is freely available throughout the day.				
Babies and infants	A variety of healthy foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans, tofu, fruit vegetables, grains and milk products).				
Allergies	Children with allergies or food intolerances are provided a tailored version of the regular menu to suit their individual needs.				
Inclusions	Protein is included in the menu daily, served through red meat, poultry, fish, and vegetarian options such as lentils and tofu. is included on. There is at least one vegetarian meal option per day. The menu includes 1 serve of meat/meat alternative per child per day. 1 serve fruit per child per day. 2-3 types per day, 5 different each week. 1 – 1/12 children serve of vegetables and legumes per child per day. 2 children's serves of milk per day. 2 serves of grain per day. Hi fibre (wholegrain and wholemeal) included 3 times per week.				

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MENU WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast between 7:30am-8:30am)	Children can choose from a selection of wholegrain cereals.				
Morning Tea (Offered to children between 9.30am-10am)	<i>Baked Beans & Toast</i>	<i>Raisin Toast & Banana Smoothie & seasonal fruit platter</i>	<i>Fruit Salad & Yoghurt</i>	<i>Yogurt Bowls with Berries & Granola</i>	<i>Baked Hash Browns with Banana Smoothie</i>
Lunch (Offered to children between 11.30am -1.30pm) <i>Vegetarian option</i>	<i>Sundried Tomato Pasta with vegetables, lentils & beans</i>	<i>Chicken & Mix vegetable Tarjin with Rice</i>	<i>Fish & Mix Vegetable Pasta</i>	<i>Beef Chilli Con Carne with Mix Vegetable & Rice</i>	<i>Lamb & Mix Vegetable Shepards Pie</i>
		<i>Vegetarian Tarjin with rice</i>	<i>Tofu & Mix Vegetable Pasta</i>	<i>Vegetarian Curry & Rice</i>	<i>Lentil Shepards pie</i>
Afternoon Tea (Offered to children between 2-4pm)	<i>Seasonal Fruits & Veggies & Yoghurt</i>	<i>Crackers, Veggies, Cheese & Hummus</i>	<i>Corn, Cheese & Crackers</i>	<i>Pizza English Muffins with vegetable sticks and hummus</i>	<i>Seasonal Fruits & Veggies & Yoghurt</i>
Late Snack (Offered to children between 4:30-5:00pm)	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>	<i>Vegemite & Cheese Sandwiches</i>
Water	Water is freely available throughout the day				
Babies and infants	A variety of healthy foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans, tofu, fruit vegetables, grains and milk products				
Allergies	Children with allergies or food intolerances are provided a tailored version of the regular menu to suit their individual needs				
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