




















LITTLE WONDERLAND CHILDCARE – KOALA MENU 1

Autumn menu commencing 6th March 2017






	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Breakfast	Farex - Weet-Bix - Toast				
 Morning Tea	 Fresh seasonal fruit platter	 Fresh seasonal fruit platter	 Fresh seasonal fruit platter	 Fresh seasonal fruit platter	 Fresh seasonal fruit platter
 Lunch	 Pureed Vegetables or variety of Sandwiches	 Pureed Vegetables or Fried rice	 Pureed Vegetables or Spaghetti bolognaise	 Pureed Vegetables or variety of Sandwiches	 Pureed Vegetables or Sausages and Vegetables
 Afternoon Tea	Puree Fruit or Cake slice 	Puree Fruit or Sandwich 	Puree Fruit or Sandwich 	Puree Fruit or Chocolate Muffins 	Puree Fruit or Sandwich 

Note: Weekly meals for Koala room as stated above will be provided according to age.

Last Revised: 24th February 2017

May Contain Allergens

LEGEND

-  = Dairy Foods for example milk, yoghurt and cheese.
-  = Fresh Fruit better than juice for example apple, banana and orange.
-  = Breads, cereals, rice, pasta and noodles are examples in this category.
-  = Vegetables legumes for example lettuce, zucchini, bakes beans peas and lentils.
-  = Meat and Meat Alternatives for example chicken, fish, legumes and bake beans.