



**first five**  
EARLY LEARNING

# Summer Menu



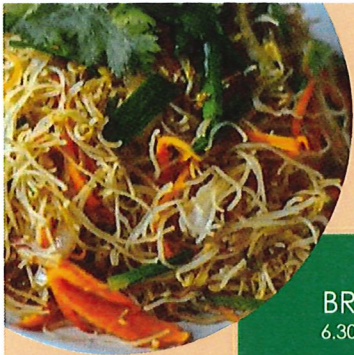
We are classified as a nut free and allergy awareness centre.

Substitute alternatives are given for all allergy/dietary requirements. Fresh water and milk are provided.

All food provided to the children is sourced from our kitchen only.

We offer progressive meal times, and self-serving of food, encouraging independence.





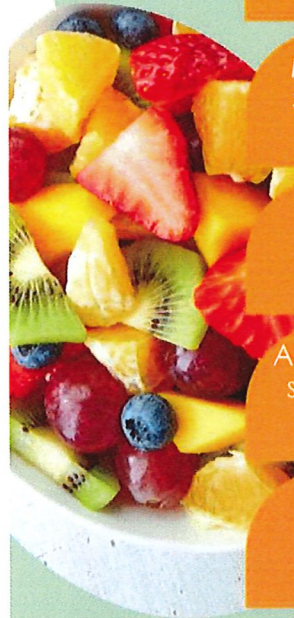
# week one

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 6.30am – 7.00am	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit
<b>MORNING TEA</b> Served progressively between 9.00am–10.00am	Cheesy Rice Cakes with Tropical Fresh Fruit and Natural Greek Yoghurt.	Cheese & Vegemite Scrolls with Fresh selection of Fruit and Greek	Natural Greek Yoghurt with Summer Fruit Salad	Corn Thins with Assorted Fresh and Dried Fruit. Natural Greek Yoghurt.	Raisin Toast with Fresh Fruit and Natural Greek Yoghurt.
<b>LUNCH</b>	Mexican Style Chicken Fried Rice. Sandwiches and Milk	Hidden Vegetable Pasta with Garlic Bread. Sandwiches with Milk	Meat & Salad Assorted Wholemeal Sandwiches with Milk	Crumbed Fish with Steamed Vegetables. Milk and Sandwiches	Homemade Vegetable Pizzas with Assorted Toppings. Milk and Sandwiches
<b>AFTERNOON TEA</b> Served progressively between 2.30pm–3.30pm	Banana Bread with a selection of Fresh Fruit.	Crumpets with Chai Seed Jam and Fresh Fruit.	Cheesy Rice Cakes with Fresh Fruit	Lemon Myrtle Slice with Fresh Fruit.	Corn Thins served with Cheese Sticks and Tropical Fruit.
<b>LATE SNACK</b> 5.30pm	Cheese, Rice Cakes and Fresh Fruit	Cheese, Rice Cakes and Fresh Fruit	Cheese, Rice Cakes and Fresh Fruit	Cheese, Rice Cakes and Fresh Fruit	Cheese, Rice Cakes and Fresh Fruit
<b>DIETARY REQUIREMENTS</b>	Substitute alternatives are given for all allergy/dietary requirements. All meals are available in a Vegetarian or Vegan option  Please update all dietary requirements via email to: <a href="mailto:bundall@firstfive.com.au">bundall@firstfive.com.au</a>				





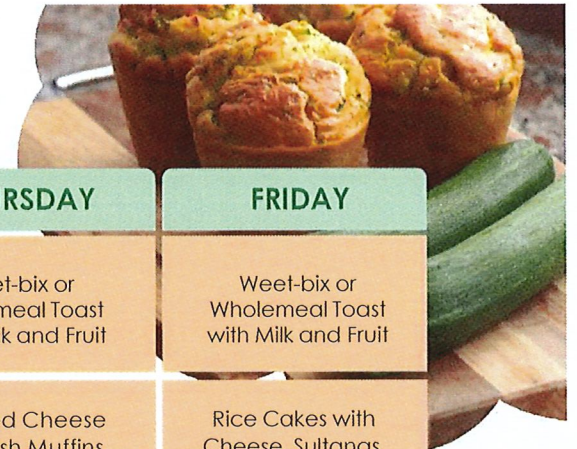
# week two



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 6.30am – 7.00am	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit
<b>MORNING TEA</b> Served progressively between 9.30am–10.30am	Cheesy Toasties with Fresh Fruit and Natural Greek Yoghurt.	Cheese Rice Cakes with Dried and Fresh Fruit. Natural Greek Yoghurt.	Wholemeal Salada's with Melon/Orange Slices. Natural Greek Yoghurt.	Wholemeal Pikelets with a Drizzle of Maple Syrup, Berries and Fresh Fruit	Natural Greek Yoghurt with Summer Fruit Salad
<b>LUNCH</b>	Vegetarian Penne Pasta Bake with Milk and Sandwiches	Hidden Vegetable Beef Tacos with Summer Salad. Milk and Vegetables	Butter Chicken with Hidden Vegetables and Basmati Rice. Milk and Sandwiches	Spaghetti Bolognese with Garlic Bread. Milk and Sandwiches	Chipolata Rolls with Fresh Salad. Milk and Sandwiches
<b>AFTERNOON TEA</b> Served progressively between 2.30pm–3.30pm	Rice Cakes with Fresh Fruit Kebabs.	Natural Greek Yoghurt with Summer Fruit Salad	Toasted Turkish Bread with Assorted Dips and Fresh Fruit.	Coconut Cookies with Fresh Fruit	Banana Bread Slice with Fresh Apples and Pears.
<b>LATE SNACK</b> 5.30pm	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit
<b>DIETARY REQUIREMENTS</b>	Substitute alternatives are given for all dietary requirements. All meals are available in a Vegetarian or Vegan option.  Please update all dietary requirements via email to: <a href="mailto:bundall@firstfive.com.au">bundall@firstfive.com.au</a>				



# week three



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST 6.30am – 7.00am	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit
MORNING TEA <i>Served progressively between 9.00am–10.00am</i>	Natural Greek Yoghurt served with Summer Fruit Salad	Wholemeal Salada's with Tropical Fruit	Raisin Toast with Fresh Fruit.	Grilled Cheese English Muffins with Fresh Fruit	Rice Cakes with Cheese, Sultanas, Dried, Fresh Fruit and Natural Greek
LUNCH	Assorted meat and Salad Sandwiches . Milk and Sandwiches	Thai Beef, Fried Rice and Vegetables. Milk and Sandwiches	Spaghetti Bolognese with Garlic Bread. Milk and Sandwiches	Grilled Moroccan Chicken with Steamed Rice and Summer Salad. Milk and Sandwiches	Yoghurt. Crumbed Fish with steamed vegetables. Milk and Sandwiches
AFTERNOON TEA <i>Served progressively between 2.30pm–3.30pm</i>	Orange and Poppy Seed Muffins with Apple and Pear Slices.	Homemade Coconut Cookies with Fresh Fruit.	Corn Thins with Cheese sticks and Tropical Fruit.	Cheesy Vegemite Wrap with Fresh Fruit.	Crumpets with Chia Seed Jam and Fresh Fruit.
LATE SNACK 5.30pm	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit

## DIETARY REQUIREMENTS

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# week four

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b> 6.30am – 7.00am	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit	Weet-bix or Wholemeal Toast with Milk and Fruit
<b>MORNING TEA</b> <i>Served progressively between 9.30am–10.30am</i>	Raisin & Cinnamon Loaf with Fresh Fruit and Natural Greek Yoghurt	Natural Greek Yoghurt with Melon & Sliced Grapes	Toasted Cheese English Muffins with Fresh Fruit	Turkish Bread with Hummus and Fresh Fruit. Natural Greek Yoghurt.	Wholemeal Pikelets with a Drizzle of Maple Syrup and Berries
<b>LUNCH</b>	Mexican Style Chicken Fried Rice. Milk and Sandwiches	Vegetarian Turkish Bread Melts with Salad. Milk and Sandwiches	Tuna and Vegetable Mac & Cheese Pasta. Milk and Sandwiches	Assorted Meat and Salad Wholemeal Sandwiches. Milk	Chicken & Vegetable Stir fry with Hokkien Noodles. Milk and Sandwiches
<b>AFTERNOON TEA</b> <i>Served progressively between 2.30pm–3.30pm</i>	Rice Cakes with Cheese Sticks and Fresh Fruit.	Homemade Lemon Myrtle Muffins with Fresh Fruit.	Rice Cakes with Dried and Fresh Fruit.	Wholemeal Salada's with Cheese and Fresh Fruit. Natural Greek Yoghurt	Cheese and Vegemite Wraps with Fresh Fruit.
<b>LATE SNACK</b> 5.30pm	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit	Cheese, Rice Cakes, Sandwiches and Fruit
<b>DIETARY REQUIREMENTS</b>	Substitute alternatives are provided for all dietary requirements. All meals are available in a Vegetarian or Vegan option. Please update all dietary requirements via email to <a href="mailto:bundall@firstfive.com.au">bundall@firstfive.com.au</a>				

