



Community  
**Kids Haven**  
EARLY LEARNING CENTRES

MENU

**AUTUMN / WINTER**

[www.CommunityKidsHaven.com.au](http://www.CommunityKidsHaven.com.au)

# AUTUMN/WINTER

## WEEK ONE

[Click to review Menu Guidelines](#)

### Breakfast

Children have a choice of  
toast with butter, vegemite  
or cream cheese

Or

Cereal – Weet Bix with milk  
Served with a glass of water  
or milk to drink

## MON

### Morning Tea

Platter with 3 assorted seasonal fruits & milk

### Lunch

#### Tuna mornay

Tuna, cheese, onion, mixed veggies, curry powder, cream,  
vegetable stock and pasta.

### Afternoon Tea

#### Fruit Scones

Egg, milk, flour & fruit pieces baked.

### Late snacks

Fruit and rice  
crackers

## TUE

### Morning Tea

Yoghurt/Fruit

### Lunch

#### Indian butter chicken with rice

Greek yogurt, curry powder, cumin, garam masala,  
chicken, butter, onion, tomato puree and rice.

### Afternoon Tea

#### Assorted Wholemeal Sandwiches

Cheese, lettuce, tomatoes, cucumber.

### Late snacks

Fruit and rice  
crackers

## WED

### Morning Tea

Platter with 3 assorted seasonal fruits

### Lunch

#### Pumpkin soup

Pumpkin, potato, cream, lentils & vegetable stock.  
Served with wholemeal bread.

### Afternoon Tea

#### Savory platter with capsicum dip

Whole meal pita bread, cream cheese, capsicum,  
carrot & celery sticks.

### Late snacks

Fruit and rice  
crackers

## THU

### Morning Tea

Raisin Bread with margarine spread & milk

### Lunch

#### Mexican beef chili con carne

Rice, cheese, beef, Mexican spices, kidney beans,  
crushed tomatoes & sour cream.

### Afternoon Tea

Platter with assorted seasonal  
fruits & milk

### Late snacks

Fruit and rice  
crackers

## FRI

### Morning Tea

Platter with 3 assorted seasonal fruits

### Lunch

#### Shepherd's Pie with Cheesy Mash

Mince lamb, carrots, celery, onion, garlic, oil, potato,  
Worcestershire sauce, frozen peas.

### Afternoon Tea

#### Corn cakes with hummus dip

Corn cakes, celery sticks, carrots, chickpeas,  
tahini, lemon juice & garlic.

### Late snacks

Fruit and rice  
crackers

# AUTUMN/WINTER

## WEEK TWO

[Click to review Menu Guidelines](#)

### Breakfast

Children have a choice of  
toast with butter, vegemite  
or cream cheese

Or

Cereal – Weet Bix with milk  
Served with a glass of water  
or milk to drink

## MON

### Morning Tea

Yoghurt with seasonal fruit

### Lunch

#### Italian Spaghetti Bolognese

Mince, passata, onions, garlic, mushroom,  
mixed veggies, pasta and cheese.

### Afternoon Tea

#### Mixed Platter

Tasty cheese, apple, pear, carrot, celery served with  
pide bread & milk.

### Late snacks

Fruit and rice  
crackers

## TUE

### Morning Tea

Platter with assorted seasonal fruits & milk

### Lunch

#### Turkish Red Lentil Soup served with Wholemeal Bread

Onion, garlic, paprika, red lentils, massel chicken style stock,  
potato, tomato paste.

### Afternoon Tea

#### Wholemeal Wraps

Whole meal wraps, cheese, vegemite, cucumber & carrot.

### Late snacks

Fruit and rice  
crackers

## WED

### Morning Tea

Platter with assorted seasonal fruits

### Lunch

#### Tuna and Vegetable Macaroni Cheese

Macaroni, tuna, tasty cheese, peas, corn, capsicum,  
spring onions, wholegrain mustard,  
milk, breadcrumbs.

### Afternoon Tea

Custard with Seasonal Fruit

### Late snacks

Fruit and rice  
crackers

## THU

### Morning Tea

Platter with assorted seasonal fruits

### Lunch

#### Lamb curry & rice

Lamb, potato, pumpkin, curry powder,  
crushed tomato & rice.

### Afternoon Tea

#### Savoury Platter with tzatziki dip

Greek yogurt, mint, celery, cucumber,  
carrots, celery and whole meal pita bread.

### Late snacks

Fruit and rice  
crackers

## FRI

### Morning Tea

Platter with assorted seasonal fruits

### Lunch

#### Chicken chow Mein with fresh noodles and vegetables

Chicken breasts, carrots, onions, onion, noodles.

### Afternoon Tea

#### Banana bread & a glass of milk

Butter, flour, cinnamon, bananas, eggs & milk baked.

### Late snacks

Fruit and rice  
crackers

# AUTUMN/WINTER

## WEEK THREE

[Click to review Menu Guidelines](#)

### Breakfast

Children have a choice of  
toast with butter, vegemite  
or cream cheese

Or

Cereal – Weet Bix with milk  
Served with a glass of water  
or milk to drink

## MON

### Morning Tea

#### Vegetable Platter

Carrot, celery, cucumber, apple, hummus dip.

### Lunch

#### Broccoli and Garlic Penne Pasta

Broccoli, carrots, onions, garlic, cream of celery soup,  
Penne Pasta.

### Afternoon Tea

#### Wholemeal sandwiches

Wholemeal bread, egg, cream cheese, lettuce, margarine.

### Late snacks

#### Fruit and rice crackers

## TUE

### Morning Tea

#### Custard with seasonal Fruit

### Lunch

#### Zucchini Slice with side salad

Zucchini, carrot, onion, eggs, flour, grated cheese, pepper.  
Salad: lettuce, tomato, cucumber.

### Afternoon Tea

#### Rice Cakes with Spreads

Rice cakes, Cream Cheese, vegemite, avocado.

### Late snacks

#### Fruit and rice crackers

## WED

### Morning Tea

#### Fruit Platter

Apple, pear, orange, banana & Milk.

### Lunch

#### Moroccan Chicken Couscous

Chicken breasts, olive oil, carrots, chic peas, ground  
cumin, ground cinnamon, couscous, lemon.

### Afternoon Tea

#### Greek Yogurt with Fruit and Rice Crackers

Greek yoghurt, sliced peaches in juice, Plain rice crackers.

### Late snacks

#### Fruit and rice crackers

## THU

### Morning Tea

#### Vegetable Platter

Carrot, celery, capsicum, tasty cheese, apple & milk.

### Lunch

#### Creamy Tuna Pasta Bake

Macaroni pasta, Tuna, flour, butter, frozen corn.

### Afternoon Tea

#### Savory Platter

Sultanas, dried apricots, carrots, celery, cucumber, apple,  
tasty cheese, rice crackers.

### Late snacks

#### Fruit and rice crackers

## FRI

### Morning Tea

#### Fruit Platter

Apple, pear, orange, banana & milk.

### Lunch

#### Chicken, Vegetable and Noodle soup

Served with wholemeal slice bread, chicken, noodles,  
carrots, celery, onion, massel chicken stock.

### Afternoon Tea

#### Raisin Bread

With Butter, vegemite (NO Jam).

### Late snacks

#### Fruit and rice crackers

# AUTUMN/WINTER

## WEEK FOUR

[Click to review Menu Guidelines](#)

### Breakfast

Children have a choice of  
toast with butter, vegemite  
or cream cheese

Or

Cereal – Weet Bix with milk  
Served with a glass of water  
or milk to drink

## MON

### Morning Tea

#### Mixed Platter

Carrots, continental cucumber, apple, pear, tasty cheese.

### Lunch

#### Italian Vegetable Soup

Onion, carrot, celery, garlic tomato puree, butter beans,  
noodles, oil, basil.

### Afternoon Tea

#### Assorted Sandwiches

Wholemeal bread sliced cheese, tomatoes, lettuce, tuna.

### Late snacks

#### Fruit and rice crackers

## TUE

### Morning Tea

#### Fruit Platter

Apple, pear, orange, banana.

### Lunch

#### Beef Stroganoff with Mash Potatoes

Potatoes, lean beef mince, onions, carrots, celery, mushrooms, potatoes,  
tomato puree, worcestershire sauce light sour cream.

### Afternoon Tea

#### Greek Yoghurt with Fruit Salad

Greek yoghurt, mixed fruit rice crackers.

### Late snacks

#### Fruit and rice crackers

## WED

### Morning Tea

#### Mixed Platter

Carrots, continental cucumber, apple, pear, tasty cheese.

### Lunch

#### Pasta Bake

Macaroni pasta, beef mince, oil, onion, canned tomato,  
milk, egg, grated cheese.

### Afternoon Tea

#### Oven Baked Vegetable Frittata

Flour, eggs, shallots, frozen mix vegies, oil, grated cheese.

### Late snacks

#### Fruit and rice crackers

## THU

### Morning Tea

#### Fruit Platter

Apple, pear, orange, banana

### Lunch

#### Creamy Curried Chicken with Rice

Spiral pasta, chicken, onions, garlic, carrots, capsicum,  
curry powder, dried parsley fat reduced cream.

### Afternoon Tea

#### Rice Cakes with Spreads

Rice Cakes Cream cheese, vegemite.

### Late snacks

#### Fruit and rice crackers

## FRI

### Morning Tea

#### Mixed Platter

Carrots, apple, pear, celery sticks, tasty cheese.

### Lunch

#### Tuna and Mushroom Fettuccini

Fettuccini pasta, onions, mushrooms, tuna, tomato puree,  
Massel vegetable stock powder, Dried parsley.

### Afternoon Tea

#### Savory Platter

Carrots, celery, sultanas, apple, hummus dip, rice crackers.

### Late snacks

#### Fruit and rice crackers