



Community
Kids Haven
EARLY LEARNING CENTRES

MENU

SPRING /SUMMER MENU

www.CommunityKidsHaven.com.au

SPRING/SUMMER

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

Raisin Bread with margarine spread & milk

Lunch

Vegetable Fried Rice

Rice, onion, spring onion, carrot, garlic, soy sauce,
white pepper, frozen peas. **Water to drink**

Afternoon Tea

Seasonal Fruit Platter

Watermelon, oranges, rockmelon, grapes.

Late snacks

Fruit and rice
crackers

TUE

Morning Tea

Yoghurt/Fruit

Lunch

Chicken and Broccoli Pasta Bake

Chicken, butter, broccoli, shredded cheese, milk,
garlic, flour, thyme, pepper. **Water to drink**

Afternoon Tea

Corn Cakes With Hummus Dip

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

Late snacks

Fruit and rice
crackers

WED

Morning Tea

Platter with 3 assorted seasonal fruits

Lunch

Tuna Puffs

Tuna in brine, puff pastry, Egg, grated cheese, sweet chilli
sauce, milk, corn, mash potato. **Water to drink**

Afternoon Tea

Savory platter with Greek Yogurt

Wholemeal pita bread, cheese, cucumber, carrot & celery sticks.

Late snacks

Fruit and rice
crackers

THU

Morning Tea

Berry Smoothie

Lunch

Chilli Con Carne

Mexican spiced beef, vegetables, beans and
corn chips. **Water to drink**

Afternoon Tea

Savoury Muffins

Flour, Grated Cheese, red capsicum, parsley,
butter, milk, egg.

Late snacks

Fruit and rice
crackers

FRI

Morning Tea

Platter with 3 assorted seasonal fruits

Lunch

Lamb Stir fry noodles

Lamb, noodles, onions, garlic, sweet soy sauce, tomato sauce,
Asian stir fry mix vegies. **Water to drink**

Afternoon Tea

Assorted Wholemeal Sandwiches

Cheese, lettuce, tomatoes, cucumber.
Vegemite.

Late snacks

Fruit and rice
crackers

SPRING/SUMMER

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

Tuna and Mushroom Fettuccini

Carrots, zucchini, tomatoes, tuna, mushrooms tomato sauce,
wholemeal pasta. **Water to drink**

Afternoon Tea

Wholemeal Wraps

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

Late snacks

Fruit and rice
crackers

TUE

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Lunch

Vegetable Risotto

Roasted Vegetables, Arborio Rice and
parmesan cheese Risotto. **Water to drink**

Afternoon Tea

Banana Bread

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

Late snacks

Fruit and rice
crackers

WED

Morning Tea

Berry Smoothie

Lunch

Chicken Spaghetti

Chicken, onion, garlic, Italian herbs, capsicums,
mushrooms, crushed tomatoes, tomato paste,
parmesan cheese. **Water to drink**

Afternoon Tea

Fruit Salad, Custard

Fruit Salad in juice with Custard.

Late snacks

Fruit and rice
crackers

THU

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Lunch

Beef & Broccoli Stir Fry with Rice

Rice, garlic, onion, carrots, red capsicum, broccoli,
plum sauce, Beef mince.

Afternoon Tea

Savoury Platter with French Onion dip

Yogurt, sour cream, garlic, celery, cucumber, carrots and
whole meal pita bread.

Late snacks

Fruit and rice
crackers

FRI

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Lunch

Beef Bolognese Macaroni Pasta

Macaroni, beef mince, onion, garlic, carrot, tomato paste,
black pepper. **Water to drink**

Afternoon Tea

Corn cakes with Spreads

Corn cakes, vegemite, jam.

Late snacks

Fruit and rice
crackers

SPRING/SUMMER

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

Fruit Platter

Apple, pear, orange, banana & Milk.

Lunch

Southern Style Chicken & vegetable with Brown Rice

Rice, onion, celery, garlic, chicken, parsley,
chicken broth. **Water to drink**

Afternoon Tea

Wholemeal sandwiches

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

Late snacks

Fruit and rice crackers

TUE

Morning Tea

Vegetable Platter

Carrot, celery, capsicum, tasty cheese, apple & Milk

Lunch

Spiral Pasta with Bolognese Sauce

Beef mince, onions, garlic, carrot, zucchini, celery, capsicum,
tomato, Spiral Pasta, parmesan cheese. **Water to drink**

Afternoon Tea

Rice Cakes with Spreads

Rice cakes, Cream Cheese, vegemite.

Late snacks

Fruit and rice crackers

WED

Morning Tea

Fruit Platter

Apple, pear, orange, banana & Milk.

Lunch

Broccoli and Garlic Cous Cous

Broccoli, carrots, onions, garlic, cream of celery soup,
Cous Cous. **Water to drink**

Afternoon Tea

Baked Cheese Muffins

English muffins, tomato paste, grated cheese.

Late snacks

Fruit and rice crackers

THU

Morning Tea

Custard with Seasonal fruit

Lunch

Tuna & Zucchini Slice

Zucchini, onion, garlic, oil, Tuna in brine, shredded tasty cheese,
self-raising flour, eggs. **Water to drink**

Afternoon Tea

Greek/Vanilla Yogurt with Fruit and Rice Crackers

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

Late snacks

Fruit and rice crackers

FRI

Morning Tea

Fruit Platter

Apple, pear, orange, banana & Milk.

Lunch

Beef Stir fry noodles

Beef and fresh vegetable strips stir fry served
with noodles. **Water to drink**

Afternoon Tea

Savory Platter

Sultanas, carrots, celery, apple cucumber,
tasty cheese, plain rice crackers.

Late snacks

Fruit and rice crackers

SPRING/SUMMER

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

Fruit Platter

Apples, oranges, watermelon, bananas.

Lunch

Spaghetti Bolognese

Mince, passata, onions, garlic, mushroom, mixed veggies,
pasta and cheese. **Water to drink**

Afternoon Tea

Savoury Platter

Carrots, apples, continental cucumber, celery, capsicums, dip,
sultanas, cheese rice crackers.

Late snacks

Fruit and rice crackers

TUE

Morning Tea

Mixed Platter

Tasty cheese, pear, apple, carrots, celery sticks.

Lunch

Tuna bake with spiral pasta and vegetables

Pasta, green shallots, milk, frozen veggies, Tuna, Breadcrumbs,
grated cheese, oil spray. **Water to drink**

Afternoon Tea

Greek or Vanilla Yoghurt with Fruit Salad

Greek or Vanilla yoghurt, mixed fruit in juice.

Late snacks

Fruit and rice crackers

WED

Morning Tea

Mixed Platter

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

Lunch

Savoury Mince & Mash Potato

Beef mince, onion, garlic, carrot, massal gravy mix,
potatoes, milk. **Water to drink**

Afternoon Tea

Pita Bread & Dip

Pita bread cut in small pieces; homemade dip.

Late snacks

Fruit and rice crackers

THU

Morning Tea

Fruit Platter

Apples, Watermelon, pears, bananas.

Lunch

Chicken, Couscous Paella

Chicken thigh fillets, paprika, red capsicum, tomatoes,
frozen peas, chicken stock, couscous. **Water to drink**

Afternoon Tea

Rice Cakes with Spreads

Rice Cakes, vegemite, Cream cheese, canola margarine spread.

Late snacks

Fruit and rice crackers

FRI

Morning Tea

Berry Smoothie

Lunch

Vegetable Risoni

Risoni, cheese, garlic, crushed tomatoes, mushroom,
celery, carrots. **Water to drink**

Afternoon Tea

Sandwiches with Tuna, cheese and tomato

Wholemeal bread, tuna, sliced cheese, tomatoes, lettuce.

Late snacks

Fruit and rice crackers