

Rutherford Playtime Preschool



SAMPLE MENU

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choose from a selection of cereals or toast with spread served with milk/water					
Morning Tea	Food	Wholemeal Raisin Bread Fresh fruit & raw veg	Cheese, spinach pinwheels Fresh fruit & raw veg	Turkish toast with jam Fresh fruit & raw veg	English muffins & cheese Fresh fruit & raw veg	Vanilla coconut custard Fresh fruit & raw veg
	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Lunch	Food	Chicken, apricot & Sweet potato stew with rice. Mixed fresh veg	Chicken and corn rissoles, Mac & cheese pasta bake Mixed fresh veg	Hunan orange & ginger beef with rice Mixed fresh veg	Cheesy tomato & white bean sauce with pasta Mixed fresh veg	Lamb, beef & chickpea patties, natural yoghurt on pita bread
	Drink	Water	Water	Water	Water	Water
Afternoon Tea	Food	Sweet potato dip with flat bread Fresh fruit & raw veg	Banana & bran bread Fresh fruit & raw veg	Corn thins with cheese & spreads Fresh fruit & raw veg	Beetroot, cocoa & coconut muffins Fresh fruit & raw veg	Power bars with apricot, pepitas, quinoa Fresh fruit & raw veg
	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
Late Snack	Choose from crackers, Muffins, trail mix all served with water					

Our Menu is a 6 week rotating menu designed by kids gourmet food.



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SAMPLE PUREE MENU

		Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast		Choose from a selection of blitzed oats or toast with spread served				
Morning Tea	Food	Pear with iron fortified rice cereal	Apple & apricot with iron fortified rice cereal	Apple and pear porridge puree	Peach rice pudding with cinnamon puree	Apple, blueberry & pear with iron fortified rice cereal
Lunch	Food	Beef, red lentil, potato & carrot mash	Chicken, red lentil & carrot mash	Veal, potato, tomato & cheese mash	Pasta, zucchini, broccoli, white beans & green pea mash	Chicken, corn, cauliflower, peat barley & rice mash.
Afternoon Tea	Food	Peach & apple semolina puree	Mango & ricotta risotto puree	Apple, orange, pear & prune puree	Pear, apple puree iron fortified rice cereal	Apple & pear semolina puree

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