



Childcare Centres
of Excellence

ORGANIC AUTUMN MENU 2

4th - 29th April, 2022

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Nutritional Information
Morning Tea Full of Goodness Dairy-free Egg-free Gluten Free Option	Mango Tango Breaky Bowl with diced mango and bananas, Yoghurt and Crunchy Wholegrain O's made with delicious Cocolicious Yoghurt, Mangoes and drizzled in a tropical coulis	Buttery Banana French Toast and Seasonal Fresh Fruit Selection made with fresh ancient grains bread, soaked in Banana and Coconut Cream served with sliced bananas and homemade pear and raspberry puree	Scrummy Apple Berry Cups and Seedy Granola made with delicious Granny Apples, blueberries, raspberries, strawberreis and a seedy oat granola, lots of seeds including sesame, sunflower, pepita, flax and teff, served with Banana and Rockmelon slices and dollops of homemade Dairy Free Custard	Delicious Coconut, Chia, Date and Apple Ring Pancakes - Organic spelt flour, coconut cream, white chia seeds, coconut oil, dates, raw honey and flaxseeds around cute little apple rings cooked to perfection, drizzled with maple syrup	Make my Own' Fresh Fruit and Cracker Pizzas - small bites of bananas and berries sprinkled over coccolicious yoghurt blended with diced apple and cinnamon, on top of crunchy organic rice cakes, dried fruit and crunchy seeds	Our Wholesome Organic, Plant-based, Allergen friendly menu (with optional animal protein & dairy) provides a huge variety of foods from all food groups.
<i>Always Served with a</i>	<i>Medley of Seasonal Fresh Fruits</i>	<i>Medley of Seasonal Fresh Fruits</i>	<i>Medley of Seasonal Fresh Fruits</i>	<i>Medley of Seasonal Fresh Fruits</i>	<i>Medley of Seasonal Fresh Fruits</i>	
Plant Based Lunch Meals are Allergen Friendly: Nut-free Dairy-free Egg-free Gluten-free option	Superhero Mediterranean Vego Pizza - A mixture of delicious roasted vegies and vegie slivers, pineapple and black olives, and fresh herbs and spices, served with an organic homemade '8' vegie pizza sauce, layered over a crispy wholesome pita crust and topped with melted blant based cheese, Yummo!!	Delicious Loaded Vegan Butter Chicken with Tumeric Rice - Plant based chick'n with a delicious mild yellow curry and spices, organic coconut cream, tomato paste, green peas and chickpeas cooked sweet potato, carrot, zucchini, onions, tomatoes, spinach and garlic, layered over tumeric and cardamon infused organic brown rice and quinoa	Wholesome Shephards Pie with Cauliflower Mash - Slow cooked organic red lentils, mushrooms, onions, garlic, carrots, peas, sweet potato, leek, beetroots, coconut aminos, layered over a thin pastry base and topped with a combination of organic potato and cauliflower mash, sprinked with plant based mozzarella and paprika, yum!!	Nourishing Sweet Potato, Lentil and Spinach Sausage Rolls made with sauteed organic vegetables including potato, sweet potato, pumpkin, grated zucchini, lots of fresh spinach, onion, garlic, fresh homegrown herbs and organic red lentils, wrapped in delicious pastry and homemade 8 vegie tomato dipping sauce	Fun day' Friday Roast It Up - Delicious rosemary and garlic infused roast vegie medley including potatoes, sweet potato, swede, carrot, and pumpkin served with baked pea protein vegie balls, steamed broccoli, organic peas, juicy corn cobs and a homemade delicious 8 vegie dipping sauce, double yum!	No added sugar No Preservatives For Happy Healthy Kids!!
Sustainable Animal Protein Lunch (Optional*) 3 days per week Gluten-free option	Superhero Mediterranean Vego Pizza - A mixture of delicious roasted vegies and vegie slivers, pineapple and black olives, and fresh herbs and spices, served with an organic homemade '8' vegie pizza sauce, layered over a crispy wholesome pita crust and topped with melted blant based cheese, Yummo!!	Delicious Loaded Butter Chicken with Tumeric Rice - Organic free-range chicken with a delicious mild yellow curry and spices, organic coconut cream, tomato paste, green peas and chickpeas cooked sweet potato, carrot, zucchini, onions, tomatoes, spinach and garlic, layered over tumeric and cardamon infused organic brown rice and quinoa	Wholesome Fish Pie with Cauliflower Mash - Slow cooked organic red lentils, sustainable white fresh fish, mushrooms, onions, garlic, carrots, peas, sweet potato, leek, beetroots, coconut aminos, layered over a thin pastry base and topped with a combination of organic potato and cauliflower mash, sprinked with plant based mozzarella and paprika, yum!!	Nourishing Salmon, Sweet Potato, Lentil and Spinach Sausage Rolls made with sauteed organic vegetables including sweet potato, pumpkin, grated zucchini, lots of fresh spinach, onion, garlic, fresh homegrown herbs, sustainable pink salmon, wrapped in delicious pastry and homemade 8 vegie tomato dipping sauce	Fun day' Friday Roast It Up - Delicious rosemary and garlic infused roast vegie medley including potatoes, sweet potato, swede, carrot, zucchini, pumpkin and beetroot, served with baked pea protein vegie balls, steamed broccoli, organic peas, juicy corn cobs and a homemade delicious 8 vegie dipping sauce, double yum!	
<i>Always Served with a</i>	<i>Delicious Self-Select Salad Bar</i> <i>Steamed Broccoli, Pineapple, Cucumber, Plant-based & Barambah Organic Cheese Cubes</i>	<i>Delicious Self-Select Salad Bar</i> <i>Sweet Corn Kernals, Cucumber, Baked Sweet Potato, Plant-based & Barambah Organic Cheese Cubes</i>	<i>Delicious Self-Select Salad Bar</i> <i>Diced Beetroot, Capsicum slices, Crunchy Lettuce, Plant-based & Barambah Organic Cheese Cubes</i>	<i>Delicious Self-Select Salad Bar</i> <i>Steamed Broccoli, Pineapple, Cucumber, Plant-based & Barambah Organic Cheese Cubes</i>	<i>Delicious Self-Select Salad Bar</i> <i>String Beans, Diced Avocado, Baby Corn, Plant-based & Barambah Organic Cheese Cubes</i>	Afternoon Tea Full of Goodness Dairy-free Egg-free Gluten Free Option
Warm Zucchini, Lentil and Sweet Corn Scoffins made with organic spelt flour, organic grated zucchini and apple, oatmeal, brown lentils, creamed sweet corn, organic coconut oil, calcium fortified oat milk and maple syrup	Raw Choc, Fig, Date and Seed Bars - Ground Organic Oats & flaxseeds, raw cacao, dates, figs, organic coconut oil, maple syrup, sunflower and pumpkin seeds, toasted coconut flakes, oh yeah!	Good Ol' Scroggin Trail Mix and Fresh Fruit Selection - freshly made popcorn, roasted chickpeas, dried saltanas, cranberries, pumpkin seeds, sunflower seeds and healthy choc chips	Crunchy Munchy Anzac Sunflower Slice made with ground organic oats and spelt flour, sunflower seeds, dried cranberries, saltanas, organic ricebran oil and crunchy coconut flakes	Homemade Beetroot and Apple Hommus Dip on Wholemeal Pita with chickpea and cannellini, organic carrot, celery, capsicum and cucumber sticks, with a selection of dried fruits	<i>Selection of Seasonal Fresh Fruits and Vegetables</i>	
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