

MENU: 3 April – July 2022 DATE: 9 th -13 th May  HAPPY TRAILS DAYCARE & PRESCHOOL CENTRE	MONDAY 9th	TUESDAY 10th	WEDNESDAY 11th	THURSDAY 12th	FRIDAY 13th
BREAKFAST served on request 7.00-8.00AM	Sanitarium Weet-bix or brown puffed rice served with milk (or milk alternatives)				
MORNING TEA: Nursery: 8.45AM Toddler 1: 9.00 AM Other rooms: 9.15AM	Weet bix served with sultanas	Wholemeal toast served with baked beans and grated cheese	watermelon ,orange and pear fruit platter served with: Raisin bread fingers	Creamed porridge with Mango puree	Wholemeal toast/Jaffles with Apple, ricotta and sultanas
Vegetarian Morning Tea	As above	As above	As above	As above	As above
DRINK	Milk and Water	Milk and Water	Milk and Water	Milk and Water	Milk and Water
Nursery *D. A (Developmental food alternative)	Weet bix and puree apple or baby rice cereal and puree apple	Baby rice cereal and mashed banana	Puree pear and apple	Baby rice cereal with puree mango	Puree apple and ricotta
LUNCH Nursery: 11AM Toddler 1: 11.30AM Other rooms :12.00PM	Wholemeal spaghetti with tomato and basil sauce: Ingredients: carrots, leek, celery, pumpkin, tomato paste, diced canned tomatoes, olive oil, vegetable stock. Served with: Grated cheese Peas	Tuna fish cakes with Asian dipping sauce. Ingredients: Tuna, spring onion, butter chicken paste, eggs, olive oil, zucchini, carrots, rice flour. Dipping sauce: Sweet chili sauce, lime juice, soy sauce. Served with: mixed greens and Basmati rice	Beef stroganoff Ingredients: Beef rump, onions, garlic, olive oil, mushrooms, flour, Worcestershire sauce, sweet paprika, vegetable stock, Dijon mustard, coconut cream. Served with: Sweet potato mash Broccoli	Chicken, leek, pumpkin and feta Risotto. Ingredients: Medium grain rice white and brown, carrots, leek, onions, pumpkin, veg stock, chicken breast, celery, feta cheese. Served with: Sweetcorn Grated parmesan	Cornd beef salad Ingredients: Boiled Cornd beef sliced Served with: Shredded iceberg lettuce, tomatoes, cucumbers, sweetcorn, beetroot diced, grated cheese and buttered wholemeal bread.
DRINK	Water	Water	Water	Water	Water
Dental Health	Apple slices served after Lunch. Children encouraged to swish and swallow after all meal times				
Vegetarian Lunch	As above	Vegetable cakes served as above	Vegetable stroganoff served as above	Leek pumpkin and feta risotto served as above	Sauté Halloumi salad served as above
Nursery Lunch *D. A	Puree carrot and peas	Puree broccolis and pumpkin	Sweet potato mash and spinach	Pumpkin and pear puree	Puree carrot and brocolli
AFTERNOON TEA Nursery: 2.00PM Toddler 1: 2.30PM Other rooms: 2.45PM	Very berry beet smoothie(banana, strawberries, oat milk, raspberries, beetroot) Wholegrain crackers Sliced cheese Apples (quarters/slices/cooked for nursery)	Assorted sandwiches on wholemeal and wholegrain bread: *Chicken, lettuce and mayonnaise *Ham, cheese and cucumber *Homemade raspberry jam(no sugar) Served with: Bananas	Baked English muffins with homemade pizza sauce and grated cheese. Choice of sweetcorn and diced sweet potato topping Served with: Orange wedges	Red fruit salad(mixed berries, watermelon, honeydew melon) Greek style yoghurt Rice cakes Sliced cucumber and tomatoes.	Baked vegetable wedges(carrot, sweet potato, potato) Sweet chilli and yoghurt dip Warmed Turkish bread Served with Watermelon slices.
DRINK	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
Vegetarian Afternoon Tea	As above	Egg mayo sandwiches Cheese, tomato cucumber sandwich Homemade jam sandwich	As above	As above	As above
Nursery afternoon Tea *D. A	Mashed banana and avocado	Puree pear and banana	Rice cereal and sweetcorn puree	Puree berries and banana	Puree carrot and sweet potato
LATE SNACK 4PM-5PM (all rooms)	Choose from seasonal fruit and vegetables, cheese, cold meats and wholegrain crackers				
DRINK	Water and milk available				
Nursery *D. A Late Snack	Soft fruits, vegetables, cheese or yoghurt and baby rusks or Mum Mum's crackers Available				