


Dewdrops Early Learning – Sample Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal (weetbix, cornflakes) served with full cream milk	Cereal (weetbix, cornflakes) served with full cream milk	Cereal (weetbix, cornflakes) served with full cream milk	Cereal (weetbix, cornflakes) served with full cream milk	Cereal (weetbix, cornflakes) served with full cream milk
Morning Tea	White and wholemeal toast with various spreads (cream cheese, vegemite, butter) and fresh seasonal fruit	White and wholemeal toast with various spreads (cream cheese, vegemite, butter) and fresh seasonal fruit	White and wholemeal toast with various spreads (cream cheese, vegemite, butter) and fresh seasonal fruit	White and wholemeal toast with various spreads (cream cheese, vegemite, butter) and fresh seasonal fruit	White and wholemeal toast with various spreads (cream cheese, vegemite, butter) and fresh seasonal fruit
Lunch	Tuna and cheesy potato pie	Hearty beef casserole served with rice (vegetables and lentils replace beef for vegetarian option)	Chicken bolognaise served with pasta (vegetables and lentils replace chicken for vegetarian option)	Bean and vegetable soup with spinach served with bread	Carbonara pasta bake with bacon (bacon replaced with vegetables for vegetarian option)
Dental	Apple slices	Apple slices	Apple slices	Apple slices	Apple slices
Afternoon Tea	Rice cakes with spreads (butter, vegemite and jam) served with fresh seasonal fruit	Sandwich triangles with spreads (vegemite, cream cheese, butter and jam)	Fruit salad served with yoghurt or custard	Cheese and chive scones	Cheese and crackers
Late Snack	Crackers	Crackers	Crackers	Crackers	Crackers