



BLUE ELEPHANT DAYCARE: SPRING/SUMMER MENU 2025

Week 1

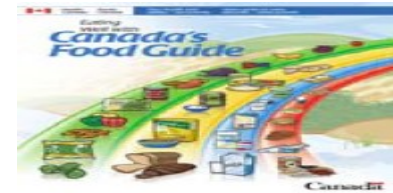
MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit Milk	Oatmeal porridge with apples and cinnamon, milk	Yogurt, Fruit, Milk	Vermicelli porridge, Fruit Milk	Cereal, Fruit, Milk
Lunch	Curried Chickpea Veggie Pasta Salad, Milk	Mixed Beans and Veggie Quesada , Milk	Cheese Sandwiches, Green Beans, Milk	Black beans with Rice and Spinach, Milk	Tofu Veggie Chow Mein Noodles, Milk
Afternoon Snack	Crackers, Bananas, Water	Bread and butter mini sandwiches, fruit, water	Oatmeal Cookies (baked on site) Fruit, Water	Vanilla Cake (baked on site) , Fruit, Water	Apple Wedges, Cinnamon Pita Chips, Water

Week 2

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit, Milk	Crackers, Fruit, Milk	Oatmeal porridge with apple and cinnamon and Milk	Semolina Porridge, Fruit , Milk	Cereal, Fruit, Milk
Lunch	Pasta with Bean Veggie sauce, (beans, carrots, onions, tomato sauce, garlic, Milk	Cucumber and Tomato, cheese sandwiches Milk	Chick Pea Curry, Green Peas, Pita bread, Milk	Chicken Veggie Fried Rice (green beans, carrots, onions, corn), milk	Vegetable Cheese Pizza, Milk
Afternoon Snack	Mini sandwiches, Bananas, Water	Vanilla Loaf (baked on site), Fruit, Water	Pita pieces, Fruit yogurt dip, Water	Oatmeal Cookies (baked on site) Fruit, Water	Cracker, fruit, water

Menus are egg free, nut and peanut free, fish and shell fish free. Accommodation is made for those who are lactose intolerant.

All snacks and lunches are made with low salt and low sugar. Water offered throughout the day. Children with food restrictions get an alternative lunch or snack



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Week 3

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning snack	Cereal, Fruit, Milk	Yogurt, Fruit, Water	Buttered bread, Fruit, milk	Vermicelli Porridge, Fruit	Cereal, Fruit, Milk
Lunch	Chicken Veggie Pasta (peas, carrots) Milk Alternate: Vegetable pasta, milk	Black Beans with Rice and Spinach, Milk	Tofu Veggie Chow Mein, Milk	Grilled Cheese Sandwiches with Green beans , Milk	Red Kidney Beans and Rice Pilaf with veggies ,Milk
Afternoon snack	Mini Jam Sandwiches, Bananas, Water	Oatmeal Cookies (baked on site) Fruit Water	Cinnamon Pita chips, Fruit, Water	Vanilla loaf (baked on site) Fruit, Water	Crackers, Fruit, Water

Week 4

MEAL PATTERN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	Cereal, Fruit, Milk	Vermicelli, Fruit, Milk	Semolina Porridge, Fruit, Milk	Buttered bread, Fruit, Milk	Cereal, Fruit, Milk
Lunch	Curried chicken, rice, green peas, Milk Alternate: Vegetables, Rice, milk	Mediterranean Pasta and Bean Salad with Veggies Milk	Grilled Cheese Sandwiches with Green beans , Milk	Tofu Veggie Fried Rice (green beans, carrots, onions, corn), milk	Vegetable Cheese Pizza, Milk
Afternoon snack	Bananas, mini sandwiches, Water	Vanilla Cookies (baked on site) Fruit, Water	Corn bread (baked on site) Fruit, Water	Fruit dip, pita chips, Water	Crackers, fruit or vege sticks, Water

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Updated July 2024

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