

Galbiri Childcare and Preschool centre Menu Semester 1 2023

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea 23 rd -27 th Jan 20 th -24 th Feb 20 th -24 th March 17 th -21 st April 15 th -16 th May 12 th -16 th June	Seasonal Fruit Platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers	Seasonal Fruit Platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers	Baked beans on toast	Seasonal Fruit Platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers	Fruit salad With Vanilla yoghurt (banana, orange, pawpaw, pear, strawberry)
Allergy Morning tea	As above	As Above	As above But with bread that suits each child's allergy/intolerance	As Above	As above but with Coconut yoghurt
Lunch	Mixed sandwiches *Raspberry jam *Chicken breast, avocado, lettuce and carrot *Roast Pork cheese tomato and lettuce	Sweet and sour pork balls with rice Pork mince, onion, garlic, carrot, capsicum, pineapple, tomato sauce, vinegar, cornflour, rice, soy sauce (Dairy free egg Free Gluten free)	Opened grill Subs *Baked beans and cheese *Chicken, Avocado cheese *Roast Beef tomato and cheese	Vegetarian Lasagne with ricotta cream sauce Lasagne sheets, tin tomato, passata sauce, vegetable stock, basil, onion, garlic, spinach, carrot, capsicum, pumpkin and eggplant, ricotta, milk cheese	Mixed sandwiches *Cheese and tomato *Roast Beef, lettuce, tomato and carrot *Roast turkey beetroot and lettuce
Allergy Lunch	As above but with no cheese and bread that suits each child's individual intolerance/allergy	As above but without the sweet and sour sauce (Soy free)	As above but with coconut cheese and bread that suits each child's individual intolerance/allergy,	Dairy free soy free egg free Vegetarian Lasagne Lasagne sheets, tin tomato, passata sauce, vegetable stock, basil, onion, garlic, spinach, carrot, capsicum, pumpkin and eggplant, coconut cheese	As above but with no cheese and bread that suits each child's individual intolerance/allergy
Afternoon tea	Banana pikelets SR flour, banana, milk, vinegar, baking powder, egg, brown sugar, vanilla	Raspberry and Coconut Muffins Self-raising flour, Greek yoghurt, egg, raspberries, coconut, vanilla essence	Seasonal Fruit Platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect)	Jam scrolls Strawberries, chia seed, Wholemeal self raising flour, Greek yoghurt	Vegetable sticks with baked tortilla chips and Sour cream Corn Relish dip Celery, cucumber, capsicum, carrot
Allergy afternoon tea	Dairy free egg free soy free SR flour, banana, coconut milk, vinegar, baking powder, Chia seeds, brown sugar, vanilla	Dairy free egg free soy free Raspberry and Coconut Muffins Self-raising flour, coconut milk, Chia seeds, raspberries, coconut, vanilla essence	As above	Dairy free egg free soy free Jam scrolls Strawberries, chia seed, Wholemeal self raising flour, coconut milk	Dairy Free soy free egg free mountain bread wraps with Dairy free sour cream, corn relish and vegetable sticks

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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea 30 th Jan-3 rd Feb 27 th Feb-3 rd March 27 th March-3 rd April 24 th -28 th April 22 nd -26 th May 19 th -23 rd June	Fruit toast with Nuttalex butter	Seasonal Fruit platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers	Mixed platter Dried sultana's, Cheese, apples, Banana, oranges, apricots and rice crackers	Seasonal Fruit platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers	Seasonal Fruit platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers
Allergy Morning tea	As above but with fruit bread that suits their own individual allergy/intolerance	As above	As above But without cheese	As above	As above
Lunch	Dairy free egg free soy free Gluten free Savoury mince pie with Sweet Potato Hash brown crust Beef mince, Zucchini, carrot onion, garlic Rosemary thyme, salt, tomato paste, salt, sweet potato	Mixed sandwiches Roast beef avocado, carrot and lettuce Roast chicken beetroot, cheese and lettuce *cheese and vegemite	Creamy Salmon Linguini Pasta Salmon, onion, garlic, light cream, pasta, tomato, zucchini, spinach and pumpkin	Mixed sandwiches *Roast Pork carrot and cheese *Turkey tomato and lettuce *strawberry jam	Dairy Free Egg Free soy free Gluten free Sri Lankan Milk Rice with chicken Curry Chicken, paprika, curry leaves, ginger garlic, cinnamon stick, salt, cardamom pods, cloves, curry powder, onion, sweet potato, carrot, pumpkin, basmati rice, coconut cream
Allergy Lunch	As Above	As above but with no cheese and bread that suits each child's individual intolerance/allergy	Dairy free egg free soy free Gluten free Salmon, onion, garlic, coconut cream, pasta, tomato, zucchini, spinach and pumpkin	As above but with no cheese and bread that suits each child's individual intolerance/allergy	As Above
Afternoon tea	Seasonal Fruit platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers	Frozen yoghurt Dots with banana, Raspberry, blueberry, and strawberry	Pizza scrolls Greek yoghurt Self-raising flour, tomato paste, fresh basil, mushrooms, capsicum, tomato, ham and cheese	Egg free Soy free 3 ingredient Banana Muffins Self-raising flour condensed milk, Banana	Baked cheese and vegemite wraps
Allergy afternoon tea	As above	Frozen Coconut yoghurt Dots with Banana, raspberry, blueberry and strawberry	Dairy free soy Free egg free Pizza scrolls Self raising flour, nuttalex butter, water, tomato paste, fresh basil, mushroom, capsicum, tomato, ham and coconut cheese	Dairy free Soy free egg free 3 ingredient Banana Muffins Self-raising flour Coconut condensed milk, Banana	Dairy free soy free egg free Mountain bread wraps with vegemite and coconut cheese

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea 6 th -10 th Feb 6 th -10 th March 3 rd -7 th April 7 th -5 th May 29 th May-2 nd June 26 th -30 th June	Seasonal Fruit platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers	Raspberry Yoghurt with Apple Banana and Melon slices	Seasonal Fruit platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers	Fruit Toast with Apples, pears Oranges and Banana	Seasonal Fruit platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers
Allergy Morning tea	As above	As above but with coconut raspberry yoghurt	As above	As above but with Fruit bread that suits each child's individual intolerance/allergy	As above
Lunch	Mixed sandwiches *Raspberry jam *Roast Pork, tomato, cucumber and lettuce *Corned beef carrot and cheese	Chicken and Vermicelli noodle stir fry Capsicum, carrot, onion, garlic mushrooms, beans, chicken, soy sauce, oyster sauce, vermicelli noodles	Mixed Sandwiches *Cheese and tomato *Roast chicken Avocado and carrot *Roast beef lettuce and tomato	Dairy free egg free Beef and Vegetable sausage rolls with 'Pick your own salad' Beef mince, onion, garlic, tomato sauce, carrot, Mushroom, Zucchini, puff pastry, SALAD: Cucumber, tomato, lettuce, Avocado and carrot	Mixed sandwiches *Corned beef, cheese and tomato *Roast Turkey, cucumber, and Avocado *Vegemite
Allergy Lunch	As above but with no cheese and bread that suits each child's individual intolerance/allergy	Dairy free soy free egg free Chicken and Vermicelli noodle stir fry Capsicum, carrot, onion, garlic mushrooms, beans, chicken, chicken stock, vermicelli noodles	As above but with no cheese and bread that suits each child's individual intolerance/allergy	Soy free dairy free egg free Beef and vegetable sausage rolls tortilla wrap, Beef mince, onion, garlic, tomato sauce, carrot, Mushroom, Zucchini, SALAD: Cucumber, tomato, lettuce, Avocado and carrot	As above but with no cheese and bread that suits each child's individual intolerance/allergy
Afternoon tea	Dairy free soy free Black bean brownies Black beans, eggs, coconut oil- Vanilla extract, cocoa powder, Rapadura, whole meal plain flour	Cruskits with vegemite and cheese with Orange, watermelon and pineapple slices with Orange, watermelon and pineapple slices	Apple muffins Self raising flour, oats Cinnamon, sultana's, apple, egg, milk, nuttalex butter, apple puree, yoghurt vanilla	Cheese and tomato toasted English Muffins	Frozen Blueberry Yoghurt in a cone
Allergy afternoon tea	Dairy free soy free Black bean brownies Black beans, Chai seed, coconut oil- Vanilla extract, cocoa powder, Rapadura sugar, whole meal plain flour	Dairy free soy free egg free Crispbread crackers with vegemite with Orange, watermelon and pineapple slices with Orange, watermelon and pineapple slices	Dairy free Soy Free egg free Apple muffins Self raising flour, oats Cinnamon, sultana's, apple, Chia Seeds, coconut milk, nuttalex butter, apple puree, vanilla	As above but with bread that suits each individual child's needs and coconut cheese	Dairy free egg free soy free Frozen blueberry and coconut yoghurt in a cone

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning tea 13 th -17 th Feb 13 th -17 th March 10 th -14 th April 8 th -12 th May 5 th -9 th June 3 rd -7 th July	Seasonal Fruit platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers	Toasted Fruit Bread with Orange, apple and Banana slices	Seasonal Fruit platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers	Vanilla Yoghurt with toasted Muesli (oats, shredded coconut, Pepita, flax seed and sultana's	Seasonal Fruit platter (Apples, oranges, banana, nectarines, peaches, pineapple, watermelon ect) with rice crackers
Allergy Morning tea	<i>As above</i>	<i>As above</i> but with Fruit toast to suit each individual child's allergy/ intolerances	<i>As above</i>	<i>As above</i> but with Coconut Yoghurt	<i>As above</i>
Lunch	Mac and Cheese with Hidden Cauliflower and Lentils Cauliflower, macaroni pasta, shallots, garlic, Dijon mustard, lemon juice, vegetable stock powder, cayenne pepper, turmeric, milk, cheese	Mixed Sandwiches *Roast Pork Cheese and lettuce *Corned beef, tomato carrot *Vegemite	Dairy free egg free Turkey Soy meat balls with Rice, beans and carrot Turkey mince, bread onion, garlic, ginger, corn flour, soy sauce rice malt syrup, carrot, beans, bread, and brown rice	Mixed sandwiches *Roast Turkey Avocado and cucumber *Roast beef, carrot and lettuce	Homemade lightly crumbed Baked chicken bites With Pea's corn and Carrot Chicken, bread crumb, garlic powder, onion powder, paprika, peas corn and carrot
Allergy Lunch	Dairy free soy free egg free Mac and coconut Cheese with Hidden Cauliflower and Lentils Cauliflower, pasta, shallots, garlic, mustard powder, lemon juice, vegetable stock powder, cayenne pepper, turmeric, coconut milk, coconut cheese	<i>As above</i> but with no cheese and bread that suits each child's individual intolerance/allergy	Soy free Dairy free egg free Turkey meat balls with Rice, beans and carrot Turkey mince, bread, onion, garlic, ginger, corn flour, carrot, beans, bread, and brown rice	<i>As above</i> but with no cheese and bread that suits each child's individual intolerance/allergy	<i>As above</i> but with bread crumbs that is suitable for each individual child's needs
Afternoon tea	Cheesy Rice cups Rice, eggs, grated cheddar cheese, grated parmesan cheese, oregano	Apple and Date scrolls Green apple, date ,self raising flour, nuttelex butter, green apple, cinnamon, maple syrup, buttermilk	Sultana Scones With blueberry jam Self raising flour, nuttelex butter, sultana, milk	Fruit platter with Cheese and Vegemite wraps	Sao Crackers with *Cottage cheese tomato and ham *Vegemite and cheese
Allergy afternoon tea	Cheesy Rice cups Rice, chia seeds, coconut cheese, oregano	Dairy free soy free egg free Apple and Date scrolls Green apple, date ,self raising flour, nuttelex butter, green apple, cinnamon, maple syrup, coconut milk	Dairy free soy free egg free Sultana Scones With blueberry jam Self raising flour, nuttelex butter, sultana, coconut milk	<i>As above</i> but with vegemite only and mountain bread wraps	Dairy free soy free egg free Corn thins with *tomato and ham * vegemite

