

# AUTUMN / WINTER

Menu

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The  
Hive  
EARLY LEARNING CENTRES

# AUTUMN/WINTER WEEK ONE

[Click to review  
Menu Guidelines](#)

## Breakfast

Children have a choice of wholemeal toast with spreads Or Cereal – Wholegrain Cereals or Oats Served with a glass of water or milk to drink.

## MON

### Morning Tea

#### Savoury Platter

Crackers, cheese, cucumber, apple & pear.

### Lunch

#### Tuna & Broccoli Bake

Tuna, spiral pasta, broccoli, spinach, ground pepper, butter, lemon juice, grated cheese.

### Afternoon Tea

#### Assorted Wholemeal Sandwiches

Cheese, lettuce, tomatoes, cucumber.

### Late snacks

Fruit and rice  
crackers

## TUE

### Morning Tea

#### Plain Yoghurt & seasonal fruit platter

### Lunch

#### Moroccan Chicken Couscous

Chicken breasts, olive oil, carrots, chick peas, ground cumin, ground cinnamon, couscous, lemon juice.

### Afternoon Tea

#### Savoury platter with capsicum dip

Whole meal pita bread, cream cheese, carrot & celery sticks.

### Late snacks

Fruit and rice  
crackers

## WED

### Morning Tea

#### Platter with 3 assorted seasonal fruits

### Lunch

#### Roasted Pumpkin Soup

Pumpkin, potato, cream, lentils & vegetable stock.  
Served with wholemeal bread.

### Afternoon Tea

#### Mix Berry Loaf

Milk, flour, sour cream,  
mix frozen berries, vanilla.

### Late snacks

Fruit and rice  
crackers

## THU

### Morning Tea

#### Raisin Bread with margarine spread & milk

### Lunch

#### Mexican beef chili con carne

Rice, cheese, beef, Mexican spices, kidney beans,  
crushed tomatoes & sour cream.

### Afternoon Tea

#### Platter with assorted seasonal fruits & milk

### Late snacks

Fruit and rice  
crackers

## FRI

### Morning Tea

#### Savoury Platter

Crackers, cheese, cucumber, apple & pear.

### Lunch

#### Spaghetti Bolognese

with hidden vegetable tomato-based sauce.

### Afternoon Tea

#### Rice cakes with hummus dip

Rice cakes, celery sticks, carrots, chickpeas,  
tahini, lemon juice & garlic.

### Late snacks

Fruit and rice  
crackers

# AUTUMN/WINTER

## WEEK TWO

[Click to review  
Menu Guidelines](#)

### Breakfast

Children have a choice of wholemeal toast with spreads Or Cereal – Wholegrain Cereals or Oats Served with a glass of water or milk to drink.

## MON

### Morning Tea

Yoghurt with seasonal fruit

### Lunch

#### Italian Vegetable Lasagne

Lasagne sheets, grated cheese, garlic, crushed tomatoes, mushroom, celery, carrots, red capsicum and zucchini.

### Afternoon Tea

#### Cheese & Vegie Platter

Salada biscuits, margarine, tomato cucumber, Block cheese.

### Late snacks

Fruit and rice crackers

## TUE

### Morning Tea

Platter with assorted seasonal fruits & milk

### Lunch

#### Tuna & Mushroom Pasta Bake

Penne pasta, oil, onion, mushrooms, spinach leaves, tuna in oil.

### Afternoon Tea

#### Savoury Platter with tzatziki dip

Greek yogurt, mint, celery, cucumber, carrots, celery and whole meal pita bread.

### Late snacks

Fruit and rice crackers

## WED

### Morning Tea

#### Savoury Platter

Crackers, cheese, cucumber, apple & pear.

### Lunch

#### Cottage Pie

Potatoes, minced meat, frozen mixed vegetables, crushed tomatoes, tomato puree, herbs, garlic, onions.

### Afternoon Tea

#### Wholemeal Wraps

Whole meal wraps, cheese, vegemite, cucumber & carrot.

### Late snacks

Fruit and rice crackers

## THU

### Morning Tea

Warm Toast served with smashed avocado and fresh milk

### Lunch

#### Chinese Chicken Noodle and Vegetable Soup

Carrots, celery, onion, chicken breasts, Massel chicken style liquid stock, noodles, fresh chives.

### Afternoon Tea

#### Banana bread & a glass of milk

Butter, flour, cinnamon, bananas, eggs & milk baked.

### Late snacks

Fruit and rice crackers

## FRI

### Morning Tea

Platter with assorted seasonal fruits & milk

### Lunch

#### Lamb curry & rice

Lamb, potato, pumpkin, curry powder, crushed tomato & rice.

### Afternoon Tea

Toasted Pita bread chips with homemade dip

### Late snacks

Fruit and rice crackers

# AUTUMN/WINTER WEEK THREE

[Click to review  
Menu Guidelines](#)

## Breakfast

Children have a choice of wholemeal toast with spreads Or Cereal – Wholegrain Cereals or Oats Served with a glass of water or milk to drink.

## MON

**Morning Tea**  
**Vegetable Platter**

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**Lunch**

**Chicken and Mushroom Risotto**

Chicken thighs, mushrooms, onion, oil, Massel chicken style liquid stock, garlic, rice, thyme leaves, grated parmesan.

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**Afternoon Tea**  
**Carrot and Sultana Loaf**

Carrots, butter, vanilla, eggs, cinnamon, milk, canola oil, wholemeal self raising flour.

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**Late snacks**  
**Fruit and rice  
crackers**

## TUE

**Morning Tea**

**Platter with assorted seasonal fruits & milk**

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**Lunch**

**Beef Stroganoff**

Long grain or basmati rice, lean beef mince, onions, carrots, celery mushrooms, potatoes, tomato puree, Worcestershire sauce light sour cream.

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**Afternoon Tea**  
**Savory Platter**

Rice crackers, Sultanas, dried apricots, carrots, celery, cucumber, apple, tasty cheese.

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**Late snacks**  
**Fruit and rice  
crackers**

## WED

**Morning Tea**

**Greek Yogurt and Fresh  
seasonal Fruit**

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**Lunch**

**Lentil Bolognese with Wholemeal Pasta**

Pasta, lentils, celery onion, carrot, garlic, tomatoes, parmesan, dried thyme.

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**Afternoon Tea**

**Toasted Pita Bread Chips**

Served with homemade dips.

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**Late snacks**  
**Fruit and rice  
crackers**

## THU

**Morning Tea**

**Vegetable Platter**

Carrot, celery, cucumber, apple, tzakki dip.

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**Lunch**

**Tuna and Zucchini Slice**

Tuna, zucchini, carrot, onion, eggs, dill, parsley, wholemeal flour, tasty cheese.

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**Afternoon Tea**

**Sweet potato and cheese loaf**

Eggs, milk, shredded cheese, red capsicums, self-raising flour.

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**Late snacks**  
**Fruit and rice  
crackers**

## FRI

**Morning Tea**

**Platter with assorted seasonal fruits & milk**

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**Lunch**

**Minestrone soup served with vegetables and  
wholemeal bread**

Carrots, celery, potato, garlic, Massel beef style liquid, tomato, kidney beans, shell pasta, fresh parsley.

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**Afternoon Tea**

**Yogurt with seasonal Fruit**

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**Late snacks**  
**Fruit and rice  
crackers**

# AUTUMN/WINTER

## WEEK FOUR

[Click to review  
Menu Guidelines](#)

### Breakfast

Children have a choice of wholemeal toast with spreads Or Cereal – Wholegrain Cereals or Oats Served with a glass of water or milk to drink.

## MON

### Morning Tea

#### Mixed Platter

Carrots, continental cucumber, apple, pear tasty cheese.

### Lunch

#### Beef and broccoli stir fry with brown rice

Beef, cabbage, carrot, capsicum, broccoli, basmati rice.

### Afternoon Tea

#### Savoury Platter

Carrots, apples, continental cucumber, celery, capsicums, sultanas' cheese & rice crackers.

### Late snacks

Fruit and rice crackers

## TUE

### Morning Tea

#### Platter with assorted seasonal fruits & milk

### Lunch

#### Turkish Red Lentil Soup served with Wholemeal Bread

Onion, garlic, paprika, red lentils, massel chicken style stock, potato, tomato paste.

### Afternoon Tea

#### Greek Yoghurt with Fruit Salad

Greek yoghurt mixed fruit & rice crackers.

### Late snacks

Fruit and rice crackers

## WED

### Morning Tea

#### Mixed Platter

Carrots, continental cucumber, apple, pear tasty cheese.

### Lunch

#### Chicken chow Mein with fresh noodles and vegetables

Chicken breasts, carrots, onions, onion, noodles.

### Afternoon Tea

#### Rice Cakes with assorted spreads

Rice cakes, vegemite, cream cheese.

### Late snacks

Fruit and rice crackers

## THU

### Morning Tea

#### Platter with assorted seasonal fruits & milk

### Lunch

#### Lamb Stew & Couscous

Lamb diced, celery, carrots, massel beef stock, potato, cauliflower, tomato.

### Afternoon Tea

#### Cheese and chive loaf served with fresh milk

Butter, cheddar cheese, egg, ground white pepper.

### Late snacks

Fruit and rice crackers

## FRI

### Morning Tea

#### Mixed Platter

Carrots, continental cucumber, apple, pear tasty cheese.

### Lunch

#### Creamy Tuna Pasta Bake

Broccoli, macaroni, spinach, tuna, corn, grated cheese, parsley.

### Afternoon Tea

#### Savoury Platter

Carrots, celery, sultanas, apple, dried apricots, hummus dip, Rice crackers.

### Late snacks

Fruit and rice crackers