

SPRING / SUMMER

Menu

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The
Hive
EARLY LEARNING CENTRES

SPRING/SUMMER WEEK ONE

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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

Platter with 3 assorted seasonal fruits & milk

Lunch

Broccoli and Garlic Penne Pasta

Broccoli, carrots, onions, garlic, cream of celery soup, Penne Pasta.

Water to drink

Afternoon Tea

Assorted Wholemeal Sandwiches

Cheese, lettuce, tomatoes, cucumber.

Late snacks

Berry Smoothies

TUE

Morning Tea

Natural Yoghurt & Fresh Fruit

Lunch

Chicken & Vegetable loaf served with potato mash

Served with potato mash Chicken mince with sautéed grated vegetable and herbs made into a meat loaf served with potato mash. Water to drink

Afternoon Tea

Vegetable Platter

Carrot, celery, sultanas, tasty cheese, apple.

Late snacks

Fruit and rice crackers

WED

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Lunch

Tuna & Zucchini Slice

Zucchini, onion, garlic, oil, Tuna in brine, shredded tasty cheese, self-raising flour, eggs. Water to drink

Afternoon Tea

Savory platter with tzatziki dip

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

Late snacks

Fruit and rice crackers

THU

Morning Tea

Raisin Bread with margarine spread & milk

Lunch

Chickpea & Mince Rice

Beef mince, rice, chickpeas, onion, crushed tomatoes, tomato paste, garlic, black pepper, oil. Water to drink

Afternoon Tea

Corn cakes with hummus dip

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

Late snacks

Fruit and rice crackers

FRI

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Lunch

Beef Stir fry noodles

Beef and vegetable strips stir fry served with noodles.

Afternoon Tea

Savoury Muffins

Flour, Grated Cheese, mushrooms, red capsicum, parsley, butter, milk, egg.

Late snacks

Fruit and rice crackers

SPRING/SUMMER

WEEK TWO

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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

Chicken and Broccoli Pasta

Grilled Chicken pieces with Steamed Broccolini, carrot, zucchini served with wholemeal pasta and parmesan cheese. **Water to drink**

Afternoon Tea

Rice Cakes with Spreads

Rice cakes, Cream Cheese, vegemite, avocado.

Late snacks

Fruit and rice crackers

TUE

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Lunch

Tuna and Mushroom Fettuccini

Carrots, zucchini, tomatoes, tuna, mushrooms, tomato sauce & wholemeal pasta. **Water to drink**

Afternoon Tea

Banana bread

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

Late snacks

Berry Smoothie

WED

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Lunch

Lamb Stir Fry Noodles

Lamb, noodles, onions, garlic, sweet soy sauce, tomato sauce, Asian stir fry mix vegies. **Water to drink**

Afternoon Tea

Wholemeal Wraps

Whole meal wraps, cheese, Lettuce, cucumber & grated carrot.

Late snacks

Berry Smoothie

THU

Morning Tea

Wholemeal toast with mashed banana

Lunch

Pasta with Bolognaise Sauce

Beef mince, onions, garlic, carrot, zucchini, celery, capsicum, tomato, Bow Pasta, parmesan cheese. **Water to drink**

Afternoon Tea

Mixed Platter

Tasty cheese, apple slices, carrot, celery served with pita bread & milk.

Late snacks

Fruit and rice crackers

FRI

Morning Tea

Platter with 3 assorted seasonal fruits & milk

Lunch

Spinach and Potato Risotto

Rice, sweet potatoes, spinach, onions, Massel vegetable stock powder. **Water to drink**

Afternoon Tea

Savoury Platter with tzatziki dip

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

Late snacks

Fruit and rice crackers

SPRING/SUMMER

WEEK THREE

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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

Fruit Platter

Apple, pear, orange, banana & Milk

Lunch

Tuna Pie with Potato Topping Bake

Tuna, potato, peas, carrot, leek, corn, milk, tasty cheese, thickened cream. **Water to drink**

Afternoon Tea

Wholemeal sandwiches

Wholemeal bread, cream cheese, lettuce, margarine.

Late snacks

Fruit and rice crackers

TUE

Morning Tea

Natural Yoghurt and Seasonal Fruit

Strawberries, Bananas, apples served with natural yoghurt

Lunch

Spaghetti Bolognese

Mince, passata, onions, garlic, mushroom, mixed veggies, pasta and cheese. **Water to drink**

Afternoon Tea

Savory Platter

Sultanas, carrots, celery, cucumber, apple, tasty cheese, rice crackers.

Late snacks

Fruit and rice crackers

WED

Morning Tea

Fruit Platter

Apple, pear, orange, banana & Milk

Lunch

Savoury Mince & Mash Potato

Beef mince, onion, garlic, carrot, massal gravy mix, potatoes, milk. **Water to drink**

Afternoon Tea

Wholemeal Crumpets

Crumpets served with variety of spreads.

Late snacks

Berry Smoothie

THU

Morning Tea

Vegetable Platter

Carrot, celery, capsicum, tasty cheese, apple & Milk

Lunch

Vegetable Risotto

Roasted Vegetables, Arborio Rice and parmesan cheese. **Water to drink**

Afternoon Tea

Natural Yogurt with Fruit

Greek yoghurt, sliced peaches in juice.

Late snacks

Fruit and rice crackers

FRI

Morning Tea

Fruit Platter

Apple, pear, orange, banana & Milk

Lunch

Apricot chicken with rice and vegetables

Apricots, Chicken breasts, onion, rosemary, cinnamon, pepper, parsley, olive oil. Rice. **Water to drink**

Afternoon Tea

Cheese and Chive Scones

Self-Raising Flour, butter, chives, mixed dried herbs, tasty cheese, milk.

Late snacks

Fruit and rice crackers

SPRING/SUMMER

WEEK FOUR

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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

Fruit Platter

Apples, oranges, watermelon, bananas

Lunch

Mexican beef chili con carne

Rice, cheese, beef, Mexican spices, kidney beans, crushed tomatoes, chickpeas, carrots. **Water to drink**

Afternoon Tea

Savoury Platter

Carrots, apples, continental cucumber, celery, Cheese, rice crackers.

Late snacks

Fruit and rice crackers

TUE

Morning Tea

Mixed Platter

Tasty cheese, pear, apple, carrots, celery sticks

Lunch

Hidden Vegetable, Lamb Bolognese

Finely chopped carrots, zucchini & tomatoes with minced lamb in a tomato sauce served with pasta. **Water to drink**

Afternoon Tea

Natural Yoghurt with Fruit Salad

Greek yoghurt mixed fruit in juice or fresh fruit.

Late snacks

Fruit and rice crackers

WED

Morning Tea

Mixed Platter

Carrots, continental cucumber, apple, pear tasty cheese

Lunch

Vegetable Lasagne

Pasta, cheese, garlic, crushed tomatoes, mushroom, celery, carrots and zucchini. **Water to drink**

Afternoon Tea

Assorted Sandwiches

Wholemeal bread, sliced cheese, tomatoes, lettuce.

Late snacks

Fruit and rice crackers

THU

Morning Tea

Fruit Platter

Apples, Watermelon, pears, bananas

Lunch

Chicken, Couscous Paella

Chicken thigh fillets, paprika, red capsicum, tomatoes, frozen peas, chicken stock, couscous. **Water to drink**

Afternoon Tea

Rice Cakes with Spreads

Rice Cakes, vegemite, Cream cheese.

Late snacks

Berry Smoothie

FRI

Morning Tea

Mixed Platter

Carrots, continental cucumber, apple, pear tasty cheese

Lunch

Tuna and Mushroom Bolognese

Carrots, zucchini & tomatoes, tuna, mushroom, tomato sauce served with pasta. **Water to drink**

Afternoon Tea

Pita Bread & Dip

Pita bread cut in small pieces; homemade dip.

Late snacks

Fruit and rice crackers