

CURRUMBIN PINES ELC MENU OCT/NOV 2019



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MORNING TEA ** Special Meal	Yummy Banana Split Made with yummy bananas, dollops of organic yoghurt, pureed berries, sultanas and crunchy organic pepita seeds **Same as above DF	Refreshing Fruit Platter Tropical pineapple, Watermelon Slices, Delicious Rockmelon & Oranges served with Crunchy Rice Crackers	Organic Raisin Toast Organic Raisin Toast served with a delicious piece of seasonal fruit. **As above, Gluten Free	A Fresh Fruit Selection Slices of Rockmelon, Watermelon, Grapes & Kiwi Fruit, served with Crunchy Rice Crackers	Organic Cranberry Crumble Made with Yummy Cranberries topped with Delicious toasted organic Oats, Sunflower, Sesame Pepita Seeds, Maple Syrup & a generous dollop of yoghurt **As above, GF & DF	**Special Meal * Dairy Free * Vegetarian * Gluten Free
LUNCH ** Special Meal	Mini salad and beef burgers Encouraging our self-help Skills. Make yourself Burgers using beautiful Wholemeal rolls. Beef Patties with a selection of Salad vegies and a choice Of sauce. ** As above. Gluten Free Dairy Free and Beef Free	Chicken Mexi Nachos With lentils Poached chicken, Organic red lentils, sweet potato, carrot, zucchini, baby spinach, onion, broccoli, spices and garlic cooked to perfection, layered over organic corn tortillas, topped with guacamole, sour cream and cheese. **As Above – chicken free GF and DF	Curry Mango Chicken Chicken pieces sautéed With fresh greens, onions and Garlic, spinach, carrots, Mango, chickpeas, completed With coconut cream. Served On a bed of organic brown Rice and quinoa. **As above, chicken free Dairy Free, gluten free	Organic Penne & Meatball Bake Freshly made beef meatballs In a home cooked spaghetti Sauce with slow cooked Organic tomato, lentils, Zucchini, onions, carrots, Spinach, garlic, oregano and Basil. Over a bed of organic Penne, topped with parmesan And melted cheese. **Dairy Free/Gluten Free/ Beef free	Tuscan Lamb Pizza Beautiful organic bases Spread with roasted Zucchini, capsicum, carrots Baby spinach, onion, Mushrooms and an Organic tomato sauce. Topped with mouth watering Slow cooked lamb with Herbs and spices **Lamb free, GF and DF	Fresh Fruit Selection may include:- *Bananas *Watermelon *Rockmelon *Apples *Pears *Grapes *Oranges *Kiwis *Berries *Pineapple
AFTERNOON TEA ** Special Meal	Beetroot & Chocolate Cake Lovely juicy beets, Organic Flours, Cacao with Raw Honey alongside a piece Of fresh fruit ** As above GF & DF	A healthy harvest Cherry tomatoes, Sultanas Cucumber Coins, Carrot Sticks, Cheese, Berries Ham & Crackers **As Above GF & DF No ham	Amazing Carrot & Pepita Cake Carrot, Organic Pepitas, Sunflower Seeds with organic Flours, Raw Honey and Cinnamon **As Above GF & DF	Cranberries and Choc Chip Cake Organic flours mixed with Raw honey, juicy sweet Cranberries and choc Chips. . **As Above Dairy Free Gluten Free	Fruit Salad with Cheese Wedges of watermelon, Chunks of pineapple and Bunches of grapes With rice crackers and Cheese. **As Above GF and DF	Salad Bar a selection:- *Cheese *Pineapple *Cucumber *Carrots *Beetroot *Green Beans *Baby Tomato *Sweet Corn *Snow Peas *Lettuce *Spinach *Capsicum *Celery & Much Much more.....
*This Centre is Nut and Egg free. *Late snack is provided to the children at 5pm. A selection of the following may include:- Fresh seasonal fruit Slices of Tomato, Capsicum, Celery, Mushrooms Sliced or cubed Cheese Freshly Baked Goods Dried Fruit Homemade Hommus Lebanese Bread Crispies or Corn Chips Sandwiches or Fruit Toast Corn or Rice Thins Corn Puffs						