

CURRUMBIN PINES ELC SUMMER MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MORNING TEA ** Special Meal	Selected Summer Fruits Delicious slices of watermelon with yummy rockmelon, bananas, pineapple and sweet oranges with cheese sticks **Dairy Free	Acai Bowl Acai, berries, pineapple Organic Yoghurt with a sprinkle of chia seeds **Dairy Free	Fresh fruit Salad & Organic yoghurt Cones A medley of Melons, grapes & berries served in ice cream cones topped with Organic Yoghurt **Dairy Free	Peaches & Yoghurt Cups Scrummy peaches and Bananas layered with Organic yoghurt and topped with Crunchy Granola **Dairy Free	Coconut Fruit Salad Slices of watermelon piled high with rockmelon & pineapple topped with toasted organic coconut & a drizzle of pure local honey.	The centre is Nut & Egg Free.. **Special Meal * Dairy Free * Vegetarian * Gluten Free
LUNCH ** Special Meal	Coconut Vegie Curry Delicious mixed greens, Organic chickpeas, mild curry, carrots, sweet potato, zucchini, onions spinach, garlic, sweet coconut cream served on a bed of organic brown rice & quinoa	BBQ Chicken Pizza A crispy base spread with Roasted capsicum, baby spinach, tomatoes, broccoli carrots, onions, mushrooms Blended with organic Tomato sauce, topped with Chicken, sweet bbq sauce & cheese.....Yummy! **As Above Dairy Free Chicken Free	Sweet Potato and Spinach Rolls Sweet potato, baby Spinach, organic lentils, Beef & spices wrapped up in a Fabulous flaky pastry **Gluten Free No Beef Dairy Free	Green Vege & Organic Penne Bake Nourishing green veges, spinach, onion, zucchini broccoli, garlic, fresh basil Smothered in a homemade Tomato sauce with organic Penne sprinkled with Parmesan and melted cheese **Dairy Free Gluten Free	Asian inspired Fried Rice with Quinoa Fresh capsicum, peas Carrots, corn, water chestnuts and bamboo shoots, bacon sesame oil and garlic with a splash of sauce **Gluten Free No Bacon	Fresh Fruit Selection may include:- *Bananas *Watermelon *Rockmelon *Apples *Pears *Grapes *Oranges *Kiwis *Berries *Pineapple
AFTERNOON TEA ** Special Meal	Organic Fruit Toast Organic fruit toast Served with a yummy Piece of seasonal Fresh fruit **Gluten Free	Mystery Bake of the Week A homemade baked surprise. **Gluten Free/Dairy Free	A Healthy Harvest An array of fresh Seasonal fruits, assorted berries, slices of cheese with Ham served alongside crackers **Gluten Free **Dairy Free	Grazing Platter Fresh fruits and veges Such as sweet strawberries Blueberries, carrot sticks, Cheese, cherry tomatoes Capsicum slices and Ham Served with crackers **Gluten Free	Homemade Dip and Organic corn chips & Carrot sticks Alternating dips made with changing ingredients- chickpeas, yoghurt, beets corn, sour cream etc **Gluten Free	Salad Bar a selection:- *Cheese *Pineapple *Cucumber *Carrots *Beetroot *Green Beans *Baby Tomato *Sweet Corn *Snow Peas *Lettuce *Spinach *Capsicum *Celery & Much Much more.....
<p>*Late snack is provided to the children at 5pm. A selection of the following may include:- Fresh seasonal fruit Sliced or cubed Cheese Freshly Baked Goods Dried Fruit Sandwiches or Fruit Toast</p> <p>*Baby Options...(based on individual needs)...may include Steamed vege pasta sandwich fingers rice cake cereal porridge fruit & vege puree</p>						