








KIN Early Education

SAMPLE MENU

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	CEREAL: Weetbix, Rice Bubbles, Corn Flakes TOAST: Vegemite, Cheese, Jam, Raisin Toast				
Morning Tea	A selection of dried & fresh seasonal fruit served with tasty cheese & crackers (Watermelon, Apple, Pear, Banana, Sultanas, Oranges, Rock Melon)				
Lunch	Spaghetti Bolognese  A traditional Italian pasta sauce prepared with ground meat like beef or pork. Slow-cooked with onions, carrots, celery, and tomatoes, this sauce, known as "bowl-uh-nez," originates from the Bologna region of Italy, hence its name.	Pork Teriyaki Noodle  Stir-fried pork mince and assorted vegetables coated in a Japanese Teriyaki sauce, served with long noodles.	Butter Chicken  Our take on a beloved Indian dish involves shredded chicken simmered in a fragrant tomato and coconut milk sauce, accompanied by classic basmati rice.	Zucchini Slice  Zucchini, carrot, eggs, and bacon combined in a baked slice served with baked beans after being cooked in the oven.	Corned beef  A beloved dish in Irish households, tender boiled corned beef accompanied by velvety mashed potatoes and steamed vegetables.
Afternoon Tea	Zucchini Cake & Yoghurt	Strawberry Pancakes & Custard	Vegetarian Sausage Rolls & Fruit Platter	Hummus dip with bickies & Antipasto Platter	Rice bubble Slice & Fruit Smoothie
Late Snack	A variety of snacks are available daily, such as dried and fresh fruits, mixed sandwiches, crackers, and cheese.				