



Ready 2 Learn
Early Education Centre



Chef Designed Nutritious Meals

Vegetarian and Non-Vegetarian Options Prepared Daily





Non-Vegetarian Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Raisin Toast and Seasonal Fruit	Rice Cakes with Spread and Seasonal Fruit	English Muffins with Cream Cheese & Apricot Jam	Vegemite & Cheese Scrolls with Seasonal Fruit	Whole Meal Toast with Spreads and Seasonal Fruit
Lunch	Tuna and Sweet Corn Pasta Bake with Cheese Sauce	Apricot Chicken with Mixed Vegetables and Spiral Pasta	Lamb and Vegetable Indian Curry with Rice	Assorted Sandwiches	Mushroom and Spinach Risotto
Afternoon Tea	Sandwiches with Spreads	Vegetable Sticks, Flat Bread and Hummus	Apple Cake	Anzac Slice with Yoghurt	Vege Sticks, Rice Crackers, Cheese & Sultanas

Vegetarian Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Raisin Toast and Seasonal Fruit	Rice Cakes with Spread and Seasonal Fruit	English Muffins with Cream Cheese & Apricot Jam	Vegemite & Cheese Scrolls with Seasonal Fruit	Wholemeal Toast with Spreads and Seasonal Fruit
Lunch	Pasta Bake with Corn and Cannellini Beans and Cheese Sauce	Apricot-infused Vegetables and Savory Spiral Pasta	Vegetable Indian Curry with Red Lentils served with Rice	Assorted Sandwiches	Mushroom and Spinach Risotto
Afternoon Tea	Sandwiches with Spreads	Vegetable Sticks, Flat Bread and Hummus	Apple Cake	Anzac Slice with Yoghurt	Vege Sticks, Rice Crackers, Cheese & Sultanas

Some variations may apply depending on availability of ingredients.



Non-Vegetarian Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Raisin Toast and Seasonal Fruit	Rice Cakes with Spread and Seasonal Fruit	Wholemeal Toast with Spread and Seasonal Fruit	Cheese Toasties	English Muffins with Spread and Seasonal Fruit
Lunch	Assorted Sandwiches	Lamb & Lentil Bolognese with Spinach Served with Pasta	Mexican Chicken with Kidney Beans & Rice with Corn & Cucumber Salad	Honey Soy Chicken and Vegetable Stir Fry with Noodles	Cauliflower Mac & Cheese Pasta Bake
Afternoon Tea	Rice Cakes with Assorted Spreads	Rice Crackers with Cheese and Sultanas	Apple, Cinnamon & Honey Scrolls with Seasonal Fruit	Vegetable Sticks and Hummus & Flat Bread	Cocoa Puff Slice with Rice Malt Syrup

Vegetarian Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Raisin Toast and Seasonal Fruit	Rice Cakes with Spread and Seasonal Fruit	Wholemeal Toast with Spread and Seasonal Fruit	Cheese Toasties with Seasonal Fruit	English Muffins with Spread and Seasonal Fruit
Lunch	Assorted Sandwiches	Lentil Bolognese with Spinach served with Pasta	Mexican Chickpea & Kidney Bean Casserole with Rice & Salad	Honey Soy Vegetable & Tofu Stir Fry with Noodles	Cauliflower Mac & Cheese
Afternoon Tea	Rice Cakes with Assorted Spreads	Rice Crackers with Cheese and Sultanas	Apple, Cinnamon & Honey Scrolls with Seasonal Fruit	Vegetable Sticks and Hummus & Flat Bread	Cocoa Puff Slice with Rice Malt Syrup

Some variations may apply depending on availability of ingredients.



Non-Vegetarian Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Wholemeal Toast with Spreads and Seasonal Fruit	English Muffins with Cream Cheese and Jam	Rice Cakes with Spread and Seasonal Fruit	Raisin Toast and Seasonal Fruit	Seasonal Fruit and Vegemite & Cheese Scrolls
Lunch	Roast Vegetables Lebanese Pizzas	Savory Mince with Vegetable & Rice	Spinach and Pumpkin Pasta Bake	Chicken San Choy Bau served with Lettuce Leaves	Assorted Sandwiches
Afternoon Tea	Rice Crackers with Cheese and Sultanas	Sandwiches with Spreads	Anzac Slice with Yoghurt	Choc Chip Muffins	Rice Crackers with French Onion Dip Cheese and Sultanas

Vegetarian Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Wholemeal Toast with Spread and Seasonal Fruit	Herb & Cheese Breakfast Muffin and Seasonal Fruit	Rice Cakes with Spread and Seasonal Fruit	Raisin Toast and Seasonal Fruit	Vegemite & Cheese Scrolls with Seasonal Fruit
Lunch	Roast Vegetables Lebanese Pizzas	Savory Vegetables with Rice	Spinach and Pumpkin Pasta Bake	Vegetarian San Choy Bau served with Lettuce Leaves	Assorted Sandwiches
Afternoon Tea	Rice Crackers with Cheese and Sultanas	Sandwiches with Spreads	Anzac Slice with Yoghurt	Choc Chip Muffins	Rice Crackers with French Onion Dip Cheese and Sultanas

Some variations may apply depending on availability of ingredients.



Non-Vegetarian Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Cheese Toasties and Seasonal Fruit	Raisin Toast with Seasonal Fruit	Honey & Cinnamon Scrolls and Seasonal Fruit	Wholemeal Toast with Spreads and Seasonal Fruit	English Muffins with Spreads and Seasonal Fruit
Lunch	Spring Rolls with Fried Rice	Chicken & Zucchini Pasta Bake	Tandoori Chicken Tenderloins with Mixed Carrots, Corn & Peas	Pasta Carbonara with Bacon & Mushrooms	Tomato & Spinach Pizza
Afternoon Tea	Apple Cake	Rice Crackers with Cheese and Sultanas	Rice Cakes with Assorted Spreads	Vegemite & Cheese Scrolls with Fruit	Rice Crackers, Veg Sticks with Cheese and Sultanas

Vegetarian Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Rice Cakes with Spread and Seasonal Fruit	Raisin Toast with Seasonal Fruit	Honey & Cinnamon Scrolls and Seasonal Fruit	Wholemeal Toast with Spread and Seasonal Fruit	English Muffins with Spreads and Seasonal Fruit
Lunch	Spring Rolls with Fried Rice	Cannellini Bean & Zucchini Pasta Bake	Vegetable Tenders with Mixed Carrots, Corn & Peas	Pasta Carbonara with Mushrooms	Tomato & Spinach Pizza
Afternoon Tea	Apple Cake	Rice Crackers with Cheese and Sultanas	Rice Cakes with Assorted Spreads	Vegemite & Cheese Scrolls with Fruit	Rice Crackers, Veg Sticks with Cheese and Sultanas

Some variations may apply depending on availability of ingredients.