

**Learn Play Grow, Early Education and Care**  
**Djeran, Makuru and Djilba Menu (April – September)**

|                      | <b>Day 1</b>   | <b>Day 2</b>   | <b>Day 3</b>   | <b>Day 4</b>   | <b>Day 5</b>   | <b>Day 6</b>   |
|----------------------|--|--|--|--|--|--|
| <b>Morning tea</b>   | Fresh fruit and raw vegetable platter with either porridge, cereal, toast, crumpets or English muffins | Fresh fruit and raw vegetable platter with either porridge, cereal, toast, crumpets or English muffins | Fresh fruit and raw vegetable platter with either porridge, cereal, toast, crumpets or English muffins | Fresh fruit and raw vegetable platter with either porridge, cereal, toast, crumpets or English muffins | Fresh fruit and raw vegetable platter with either porridge, cereal, toast, crumpets or English muffins | Fresh fruit and raw vegetable platter with either porridge, cereal, toast, crumpets or English muffins |
| <b>Lunch</b>         | Macaroni and cheese served with steamed broccoli florets   | Stir fried tuna, coconut, vegetables, and rice   | Spaghetti served with smooth vegetable sauce and cheese  | Beef Stroganoff with pasta   | Vegetable soup of the day served with buttered bread   | Cottage Pie – mince beef, vegetables and mash potato pie   |
| <b>Afternoon tea</b> | Dried fruit and oat cookies with a fruit and vegetable platter   | Cheese or Vegemite sandwiches served with a fresh fruit and vegetable platter                          | Vegetable, fruit and cheese platter served with crackers   | Herbed scones served with a fresh fruit and vegetable platter  | Greek style yoghurt with fresh fruit   | Chocolate and Zucchini Muffins served with a fresh fruit and vegetable platter                         |

|                      | <b>Day 7</b>   | <b>Day 8</b>   | <b>Day 9</b>   | <b>Day 10</b>  | <b>Day 11</b>  |
|----------------------|--|--|--|--|--|
| <b>Morning tea</b>   | Fresh fruit and raw vegetable platter with either porridge, cereal, toast, crumpets or English muffins | Fresh fruit and raw vegetable platter with either porridge, cereal, toast, crumpets or English muffins | Fresh fruit and raw vegetable platter with either porridge, cereal, toast, crumpets or English muffins | Fresh fruit and raw vegetable platter with either porridge, cereal, toast, crumpets or English muffins | Fresh fruit and raw vegetable platter with either porridge, cereal, toast, crumpets or English muffins |
| <b>Lunch</b>         | Easy Fish curry with rice  | Spaghetti Bolognaise   | Assorted ham, chicken, cheese and salad sandwiches   | Stir fried chicken, vegetables and noodles   | Vegetable soup of the day served with buttered bread   |
| <b>Afternoon tea</b> | Warm pastry scrolls made with Cinnamon, jam and coconut  | Blueberry Muffins served with a fresh fruit and vegetable platter                                      | Banana bread served with a fresh fruit and vegetable platter   | Greek style yoghurt with fresh fruit   | Spinach and capsicum savoury muffins served with a fresh fruit and vegetable platter                   |

