



pumpkin



WHOLEMEAL BREAD WITH
SMASHED AVOCADO AND SOFT
BOILED EGG

FRESH BERRIES, COCONUT
YOGHURT, GRANOLA AND MINT



onion

CHICKEN AND RICOTTA
MEATBALLS IN TOMATO SAUCE
AND CAULIFLOWER RICE

BREAKFAST

MORNING

LUNCH

COCONUT, PEACH AND PEPITA
MUESLI BARS

COTTAGE PIE WITH SWEET
POTATO, PARMESAN, CRUMB
CRUST, HERBS

JUICE OF THE DAY –
WATERMELON AND BASIL

WATER / A2 MILK

AFTERNOON

SUPPER

REFRESHMENT

Sample Toddler and Preschool Menu

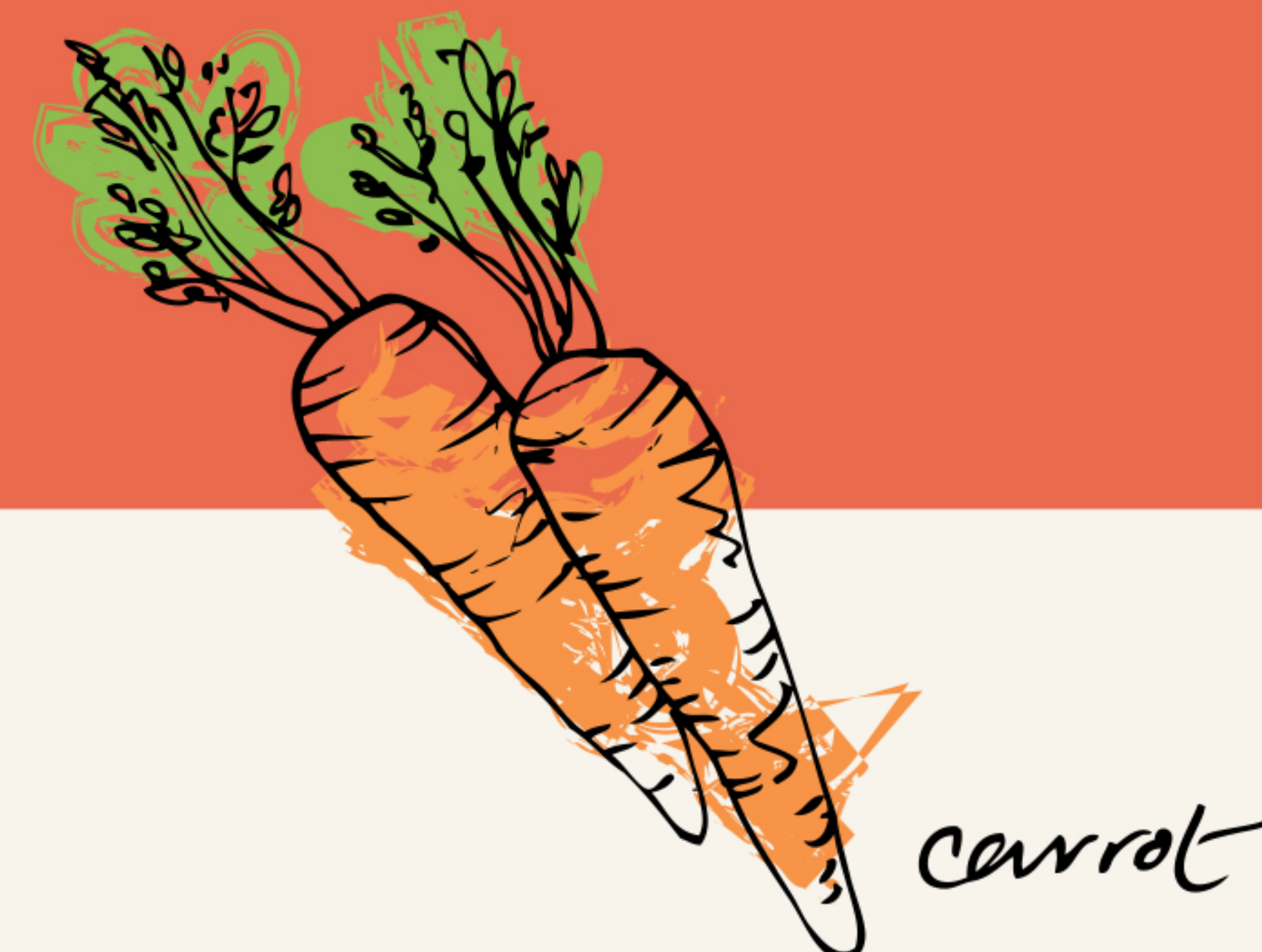
(Please note alternatives will be provided as needed)



tomato



peas



carrot



sweetcorn