



**KENSINGTON  
CASTLE**  
EARLY EDUCATION CENTRE

\*Summary:

- √ 2 serves white meat - chicken or fish
- √ 2 serves red meat
- √ 1 serve vegetarian - high in Vitamin C & Iron
- √ 5 serves dairy provided

# SAMPLE MENU

## 1 - 5 years

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING</b>	Water Crackers with Cheddar Cheese (high calcium content)  Choice of Fresh Fruit, Cherry Tomatoes & Cucumber	English Muffins with Cheese (high calcium content)  Choice of Fresh Fruit, Cherry Tomatoes & Cucumber	Wholemeal Raisin Bread (low sugar & sodium content)  Choice of Fresh Fruit, Cherry Tomatoes & Cucumber	Banana & Pineapple Muffins (high wholemeal flour, low sugar content, fruit based)  Choice of Fresh Fruit, Cherry Tomatoes & Cucumber	Cheese, Pumpkin & Paprika Snails (high calcium content)  Choice of Fresh Fruit, Cherry Tomatoes & Cucumber
<b>LUNCH</b>	Tuna Mornay Bake with Smooth Ricotta & Spiral Pasta, Cheesy Bread Crust  Mixed Fresh Vegetables	Beef, Oat & Rice Meat Balls with Brown Rice & Gravy  Mixed Fresh Vegetables	Lamb, Beef & Lentil Dhal with Spiced Cous Cous  Mixed Fresh Vegetables	Vegetarian Pizza with Sweet Potato, Capsicum, Zucchini, Corn & Cheese  Iceberg Lettuce, Tomato & Cucumber Salad	Chicken, Apricot & Sweet Potato Stew with Basmati Rice  Mixed Fresh Vegetables
<b>AFTERNOON</b>	Anzac Biscuits (high wholemeal flour & wholegrain content)  Choice of Fresh Fruit, Cherry Tomatoes & Cucumber	Carrot, Zucchini & Coconut Muffins (high wholemeal flour, low sugar content, vegetable based)  Choice of Fresh Fruit, Cherry Tomatoes & Cucumber	Vegemite & Cheese Tiger Sandwiches (high wholemeal flour & calcium content)  Choice of Fresh Fruit, Cherry Tomatoes & Cucumber	White Bean & Beetroot Dip with Wholemeal Pita Bread (high wholemeal flour & protein content)  Choice of Fresh Fruit, Cherry Tomatoes & Cucumber	Wholemeal Shortbread (high wholemeal flour, low sugar content)  Choice of Fresh Fruit, Cherry Tomatoes & Cucumber

**Kensington Castle Early Education Centre**  
2 Virginia St, Kensington NSW 2033  
T 0448 021 320

\* All menus have been designed to comply with criteria set by the following. Australian Dietary Guidelines, Get Up and Grow, The Australian Guide to Healthy Eating and the National Quality Standard, Menus provide a minimum of 50% of the recommended daily intake of all nutrients required for each day while in care. The menu is subject to change without notice due to availability of food supply or other unforeseen stock supply shortages.