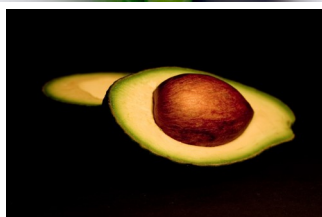
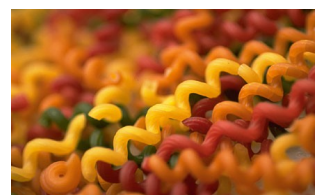


Acorn Child Care Centre Menu



All meals and snacks are prepared fresh each day on our premises by our qualified caterers, who place emphasis on using fresh, wholesome ingredients, providing a varied and nutritionally balanced menu and maintaining the highest standard of cleanliness and hygiene at all times.

Our freshly baked breads and rolls are a speciality of the Centre!

SAMPLE MENU

Breakfast—Pieces of fresh fruit with Cereals, Porridge and Milk or honey. Toast & Spreads.

Morning Tea—Fresh fruit platter of in-season fruit – minimum of 4 varieties.

Lunch

Vegetable & Lentil Bake
Individual Quiche
Stroganoff & Noodles
Egg Noodle Stir Fry & Tofu Strips
High Stack Vegetable Pizzas
Sweet Potato Patties
Vegetable and dhal curry with rice
Kidney Bean Doritos & Toss Salad
Vegetable Lasagne
Spinach & Fetta Triangles
Golden Crumbed Nuggets
Macaroni Cheese with Vegetables
Hunza Pie
Chilli beans and corn bread
Hernando beans and rice
Lentil Sheppard's Pie
Oat Burger & Bun
Spaghetti Bolognese
Vegetable Soup & spinach bread
Angel hair spaghetti
Vegetable Risotto

Afternoon Tea

Austrian "coffee" cake
Date Scones
Pancakes
Boston Bun
Spinach & Cheese Muffins
Cinnamon Scrolls
Date Bran Muffins
Orange and chia seed cake
Banana or Carrot Bread
Apple and apricot slice
Plum pudding and custard
Cheesy Mite Rolls
Berry Muffins
Vegetables & Dips
Fruit cobbler
Lite & Tasty Muffins
Apple dumpling cake
Spinach & Cheese Muffins
Cold pizza slices
Hummingbird Cake
Jelly salad