



# Sample Autumn Menu

PAISLEY PARK  
EARLY LEARNING CENTRES  
Tel: 1800 PAISLEY / 1800 724 753  
Web: [www.paisleypark.com.au](http://www.paisleypark.com.au)

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Assorted Healthy Cereals Wholemeal Toast, Natural Yoghurt				
Morning Tea	Seasonal fresh fruit platter  Delicious blueberry and raspberry hotcakes	Seasonal fresh fruit platter  Savoury warm carrot, zucchini & corn fritters with a side of mint Greek yoghurt	Seasonal fresh fruit platter  Warm homemade corn bread topped with sautéed mushrooms and tomatoes	Seasonal fresh fruit platter  Baked healthy granola bites of oats, dried sultanas and cranberries	Seasonal fresh fruit platter  Delicious breakfast quesadillas of mushroom, wilted spinach and mozzarella cheese
Lunch	Baked beef and mushroom meatballs with side of warm peas, oven roasted Zucchini and Carrots topped with a tomato ragu sauce	Autumn Macaroni and chicken pasta bake with beetroot with a side of crispy cos and pear salad & cucumber ribbons	Oven baked vegetable stack of carrots, zucchini, broccoli, eggplant and sweet potato topped with a chickpea bechamel sauce	Tasty Thai inspired tuna fish cakes with pickled carrot, cucumber and vermicelli noodles topped with fresh mint and spring onions	South African Gatsby of wholemeal bread filled with pulled pork, roast sweet potato, cheese, tomato relish and lettuce
Afternoon Tea	Seasonal fresh fruit platter  Homemade Herb and spinach wholemeal pizzas	Seasonal fresh fruit platter  Freshly baked banana and flaxmeal cake	Seasonal fresh fruit platter  Flavourful Sweet Carrot and pumpkin seed loaf	Seasonal fresh fruit platter  Freshly baked spiced apple and poppy seed scones	Seasonal fresh fruit platter  Scrumptious kale, red capsicum and chives slice

