



# Sample Winter 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  Homemade zucchini fries served with homemade aioli.	Seasonal fresh fruit platter  Healthy berry berry good baked doughnuts.	Seasonal fresh fruit platter  Savoury spelt, corn and zucchini mini hotcakes with fresh beetroot hummus.	Seasonal fresh fruit platter  Delicious apple crumble served with creamy mint yoghurt.	Seasonal fresh fruit platter  Winter bacon and egg tartine with leek and chives.
Lunch	Kingfish ceviche tacos with tomatoes, avocado and fresh chives, finished with fragrant jasmine rice.	Delicious crumbed pork cutlets and potato salad with fresh mint, spring onions and ham.	Traditional Cambodian seafood curry with shallots, fresh lime and pumpkin finished with coconut rice.	Homemade butter chicken moussaka with potato and eggplant served with rice and crispy pappadums.	Delicious Brazilian beef skewers with A warm rice salad made with crispy pears, cos lettuce and fresh mint.
Afternoon Tea	Seasonal fresh fruit platter  Yummy cheese, pumpkin and couscous bites with parmesan and shallots.	Seasonal fresh fruit platter  Tasty haloumi and corn lettuce cups.	Seasonal fresh fruit platter  Healthy Greenest quesadillas with avocado, zucchini and brussel sprouts topped with cabbage salad and yoghurt.	Seasonal fresh fruit platter  Homemade mini sausage rolls with leek, potato and carrot served with home made tomato sauce.	Seasonal fresh fruit platter  Delicious corn fritters served with homemade garlic yoghurt dip.





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Morning Tea	Seasonal fresh fruit platter  Creamy rolled oats with vanilla, cinnamon and nutmeg topped with peaches and mixed berries	Seasonal fresh fruit platter  Delicious homemade baked beans in tomato sauce with buttered wholemeal toast fingers	Seasonal fresh fruit platter  Fried Mexican polenta carnitas topped with salsa cruda	Seasonal fresh fruit platter  Apple crumble with crunchy oat streusel topping, served with vanilla flavoured Greek yoghurt	Seasonal fresh fruit platter  Homemade warm wholemeal bread with a creamy herb and garlic dip with carrots, celery, cucumber fingers
Lunch	Turkish lamb stir fry with capsicum, celery and fresh tomatoes with fried egg noodles	American style meatloaf with beef, carrots, onions and zucchini served with creamy mashed potato and homemade tomato relish	Crispy crumbed chicken breast schnitzel with oven roasted sweet potato chips, green beans and gravy	Miguel's mushroom paella a la Maestre, with radish, lemon and manchego cheese	Thai fish cakes with green onions and coriander served with crunchy coleslaw
Afternoon Tea	Seasonal fresh fruit platter  Savoury mac n' cheese and asparagus muffins	Seasonal fresh fruit platter  Delicious homemade no sugar sultana and pumpkin seed cookies	Seasonal fresh fruit platter  Healthy creamy egg, lettuce and chive wholemeal finger sandwiches	Seasonal fresh fruit platter  Delicious spinach, tomato, basil and fetta cheese scrolls	Seasonal fresh fruit platter  Crispy Indian curry puff roll filled with potatoes and cumin seeds served with homemade chutney





# Sample Summer Menu

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Breakfast	Assorted Healthy Cereals Wholemeal Toast, Natural Yoghurt				
Morning Tea	Seasonal fresh fruit platter  Savoury carrot and poppy seed Scones with a side of homemade mixed berry and chia jam	Seasonal fresh fruit platter  Healthy Greek vanilla yoghurt topped with homemade oats granola and sliced fresh mangoes	Seasonal fresh fruit platter  Tasty carrot, zucchini and corn fritters topped with a homemade tomato chutney	Seasonal fresh fruit platter  Warm omelette of mozzarella cheese, spinach, mushroom and roma tomatoes with a side of wholemeal bread	Seasonal fresh fruit platter  Homemade wholemeal English muffins topped with sweet potato puree, shredded basil and shaved parmesan cheese
Lunch	Melt in your mouth grilled lamb cutlets drizzled with a chimichurri sauce served with roasted Dutch carrots and broccolini and apple-slaw	Refreshing Thai style warm beef salad with celery cucumber coriander mint cherry tomatoes kaffir lime leaves and vermicelli noodles	Delicious Italian chicken, shaved fennel and pear farfalle pasta salad With spring onions tarragon and baby spinach	Spanish Summer Paella of pumpkin, spinach, zucchini, peas and sweet potato with a tomato and saffron sofrito	Moroccan seasoned oven baked fish fillet with a side of oven baked potato wedges, homemade tartare sauce and a zesty, shaved parmesan, cracked pepper rocket salad
Afternoon Tea	Seasonal fresh fruit platter  Delicious olive, roasted capsicum and feta cheese slice	Seasonal fresh fruit platter  Scrumptious spinach and creamy ricotta scrolls	Seasonal fresh fruit platter  Warm yoghurt flat bread served with a side of beetroot and garlic hummus	Seasonal fresh fruit platter  Delicious no sugar upside down caramelised fig and orange zest cake	Seasonal fresh fruit platter  Warm wholemeal sultana and coconut loaf





# Sample Autumn Menu

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	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

