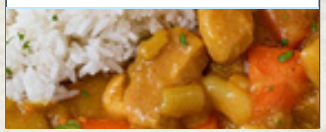
KEIKI EARLY LEARNING

DJERAN & MAKURU

WEEK ONE

This menu has been developed to incorporate the seasonal ingredients of the Noongar Seasons of Djeran (Jeer-ran) and Makuru (Mak-oo-roo).

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	**Raspberry Pikelet Bake Tray**	**Wholegrain & Low Sugar Cereals**	**Homemade Granola**	**Wholegrain & Low Sugar Cereals**	**Wholemeal Cheesy Toast**
	served with milk	served with milk	served with milk	served with milk	served with milk
LUNCH	**Creamy Tuna Bake**	**Japanese Chicken Curry & Rice**	**Lamb Pasta Stew**	**Tuscan Herb Chicken Pasta**	**Beef & Satay Rice**
	A classic comfort food with a nutritional twist of added vegetables in a creamy sauce and a delicious cheesy top.	Japanese chicken curry with rice — mild, fragrant, and gently spiced for a comforting, kid-friendly meal. 	Slow-cooked lamb with pasta and vegetables — a hearty, rustic stew full of rich, comforting flavours.	Chicken seasoned with Italian herbs cooked with vegetables, sundried tomatoes and served with pasta in a creamy sauce.	A delicious nut-free satay sauce is stir-fried with beef and vegetables then served on a bed of rice.
AFTERNOON TEA	**Raspberry Cake**	**Tzatziki & Veg Sticks**	**Cranberry Coconut Quinoa Bars**	**Turkish Bread Pizza**	**Cereal Slice**
	served with fresh fruit	served with pita bread & fresh fruit	served with fresh fruit	served with fresh fruit	served with fresh fruit
LATE SNACK	A selection of crackers, cheese, fresh fruit or vegetables served with water				

Children with allergies or dietary requirements are provided with an alternative. Pureed foods are provided for children who have begun eating solids, following direction from home. Children are served 2-3 different types of fruit, 2-3 different types of vegetables per day and up to 5 different types per week. Water is available throughout the day to all children. Keiki Early Learning follows the guidelines of the Healthy Eating Advisory Service.