

St Lukes ELC Menu

Week 1, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt
Morning Tea	Light Cheese and Pineapple Toasted Sandwich Low Fat Milk & Seasonal Fruit	Homemade Apricot and Coconut Balls Low Fat Milk & Seasonal Fruit	Wholemeal Chicken and Cheese Sandwich Low Fat Milk & Seasonal Fruit	Mini Berry Pancake Low Fat Milk & Seasonal Fruit	Diced Fruit Salad and Lite Greek Yoghurt Cups Low Fat Milk & Seasonal Fruit
Lunch	Homemade Chicken Nuggets Seasonal Fruit Slices	Beef Lasagne Seasonal Fruit Slices	Pumpkin & Pea Risotto Seasonal Fruit Slices	Crumbed Chicken Tenders and Roast Sweet Potato Seasonal Fruit Slices	Spaghetti Meatballs with Tomato Sauce Seasonal Fruit Slices
Afternoon Tea	Low Sugar Banana Bread Low Fat Milk & Seasonal Fruit	Mini Cucumber and Cheese Finger Sandwiches Low Fat Milk & Seasonal Fruit	Mini Vegetarian Pizzas Low Fat Milk & Seasonal Fruit	Tomato and Lettuce Wholemeal Sandwich Low Fat Milk & Seasonal Fruit	Vanilla and Banana Mini Muffins Low Fat Milk & Seasonal Fruit
Late Snack	Seasonal fruit, carrot, cucumber & celery stick with plain low-fat yoghurt	Seasonal fruit, carrot, cucumber & celery stick with plain low-fat yoghurt	Seasonal fruit, carrot, cucumber & celery stick with plain low-fat yoghurt	Seasonal fruit, carrot, cucumber & celery stick with plain low-fat yoghurt	Seasonal fruit, carrot, cucumber & celery stick with plain low-fat yoghurt

Seasonal Fruit could be any alternate fruits available at present time or in season for example: watermelon, honeydew, rockmelon, pineapple, pink lady or granny smith apple, pears, oranges, peaches, mandarin, banana, strawberries, blueberries, mango or papaya.

Dietary requirements for students with allergens or intolerance to specific food items. Student will be served a similar modified menu item on the day where a food contains such ingredients which a student is allergic or intolerant to.



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Week 2, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt
Morning Tea	Homemade Banana Bread Low Fat Milk & Seasonal Fruit	Ham and Cheese Mini Pizza Low Fat Milk & Seasonal Fruit	Tomato and Light Cheese Wholemeal Sandwiches Low Fat Milk & Seasonal Fruit	Mini Chicken and Salad Sandwiches Low Fat Milk & Seasonal Fruit	Cranberry and Oat Slice Low Fat Milk & Seasonal Fruit
Lunch	Baked Honey and Soy Chicken Tenders with Steamed Rice Seasonal Fruit Slices	Tuna Pasta Bake with Wholemeal Pasta and Light Cheese Seasonal Fruit Slices	Beef Mince and Beans Nachos with Tortilla Crisps Seasonal Fruit Slices	Sweet Potato, Lentil and Carrot Mini Burgers Seasonal Fruit Slices	Herb Pesto Pasta Salad with Boiled Eggs and Poached Chicken Seasonal Fruit Slices
Afternoon Tea	Pumpkin Scones Low Fat Milk & Seasonal Fruit	Coconut Oats and Apricot Muffins Low Fat Milk & Seasonal Fruit	Mini Chicken and Cheese Wraps Low Fat Milk & Seasonal Fruit	Light Cheese, Carrot Sticks and Brown Rice Crackers Low Fat Milk & Seasonal Fruit	Yoghurt and Muesli Cups Low Fat Milk & Seasonal Fruit
Late Snack	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt

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Week 3, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt
Morning Tea	Boiled Egg and Carrot Sticks Low Fat Milk & Seasonal Fruit	Oat and Apricot Cookies Low Fat Milk & Seasonal Fruit	Mini Banana Pancakes Low Fat Milk & Seasonal Fruit	Zucchini and Ham Frittata Low Fat Milk & Seasonal Fruit	Lean Ham and Light Cheese Wholemeal Sandwiches Low Fat Milk & Seasonal Fruit
Lunch	Vegetarian Brown Fried Rice Seasonal Fruit Slices	Homemade Crumbed Fish Fingers with Sweet Potato Wedges Seasonal Fruit Slices	Pasta Napolitana Sauce with Cheese Seasonal Fruit Slices	BBQ Pulled Chicken Breast with Mexican Style Brown Rice (Peas, Corn, Blackbeans) Seasonal Fruit Slices	Mini Beef Burgers Seasonal Fruit Slices
Afternoon Tea	Light Cheese and Cucumber Sandwiches Low Fat Milk & Seasonal Fruit	Cheesy Bread Sticks with Watermelon Slices Low Fat Milk & Seasonal Fruit	Mini Pumpkin and Feta Savoury Muffins Low Fat Milk & Seasonal Fruit	Lettuce, Tomato and Light Cheese Wholemeal Wraps Low Fat Milk & Seasonal Fruit	Mini Apple and Coconut Muffins Low Fat Milk & Seasonal Fruit
Late Snack	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt

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Week 4, 2024

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt	Wholemeal Toast with optional Vegemite, Honey, Fruit, Cereal, Low Fat Yoghurt
Morning Tea	Wholemeal Scones with Jam Low Fat Milk & Seasonal Fruit	Weetbix Slice Low Fat Milk & Seasonal Fruit	Pumpkin Scones Low Fat Milk & Seasonal Fruit	Mini French Toast with Maple Syrup Low Fat Milk & Seasonal Fruit	Mini Vanilla Pancakes Low Fat Milk & Seasonal Fruit
Lunch	Homemade Chicken Nuggets with Roast Potato Seasonal Fruit Slices	Wholemeal Pasta, Tomato Sauce, Vegetables and Cheese Seasonal Fruit Slices	Honey Soy Chicken and Steamed Rice with Carrots and Peas Seasonal Fruit Slices	Mini Crumbed Fish Tacos with Corn Salsa Seasonal Fruit Slices	Zucchini and Carrot Fritters with Natural Yoghurt Seasonal Fruit Slices
Afternoon Tea	Banana Bread Low Fat Milk & Seasonal Fruit	Chicken Mayonnaise and Lettuce Mini Wraps Low Fat Milk & Seasonal Fruit	Berry Yoghurt Cups Low Fat Milk & Seasonal Fruit	Light Cheese Sandwiches and Flavoured Yogurt Low Fat Milk & Seasonal Fruit	Ham and Cucumber Sandwich Low Fat Milk & Seasonal Fruit
Late Snack	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt	Seasonal Fruit, Carrot, Cucumber & Celery Stick with Plain Low Fat Yoghurt

Seasonal Fruit could be any alternate fruits available at present time or in season for example: watermelon, honeydew, rockmelon, pineapple, pink lady or granny smith apple, pears, oranges, peaches, mandarin, banana, strawberries, blueberries, mango or papaya.

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