



Bayside
Kindergarten and Childcare

Summer Menu

Menu Week 1

Daily Morning Tea: Yoghurt and Fruit. Milk/water

Daily Afternoon Tea: Fruit with either pikelets, vegetable sticks and dips, homemade biscuits, rice cakes or sandwiches.
Water

Monday:
Morning Tea: Fruit and yoghurt
Lunch: Assorted Sandwiches
Afternoon Tea: Avocado dip and Crackers & Fruit

Tuesday:
Morning Tea: Fruit and Yoghurt
Lunch: Lamb Casserole, mash & vegies
Afternoon Tea: Assorted Sandwiches & Fruit

Wednesday:
Morning Tea: Fruit and Yoghurt
Lunch: Assorted Sandwiches
Afternoon Tea: Pikelets & Fruit

Thursday:
Morning Tea: Fruit and Yoghurt
Lunch: Mexican Beef and Pasta
Afternoon Tea: Assorted Sandwiches & Fruit

Friday:
Morning Tea: Fruit and yoghurt
Lunch: Assorted Sandwiches
Afternoon Tea: Homemade biscuits & Fruit



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Shopping List

Week 1

Fruit & Veg Order

Randall Farm 3207 2509

- 1 bunch shallot
- 1 celery
- 2kg carrots
- 6kg Potatoes
- 4 zucchinis
- 2 capsicums
- 1kg tomatoes
- 1kg onions

Bread & Milk Order

Dave Crombie 3206 2665

- 24 x Wholemeal Bread
- 10 x 2Ltr Milk
- 2x 2Ltr skim milk
- 12 Vaalia Yoghurt
- Grated Cheese

Meat Order

Redlands Meat Hall 3286 1167

- 6kg Pork sausages
- 12kg Beef mince
- 6kg diced beef
- 4kg Lamb mince

- Sliced Cheese
- Butter/margarine
- Ham/Chicken
- Eggs

Preparation for the day

Monday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Make Sandwiches:

- 8 Loaves wholemeal bread,
- Allow 1 sandwich (2 slices bread) per child + extras.
- Cut into Quarters and arrange onto platters
- **Toppings:** Cheese, ham, chicken, carrot & cheese, salad, cheese & tomato, Vegemite, Jam, honey, cream cheese, tuna and mayo, banana.

2. Set up Lunch Trolley.

3. Make dip for afternoon tea.

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.



Preparation for the day

Tuesday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- Write Today's menu on the Menu board
- Check Allergy Listing

1. Prepare Jumbuck Casserole with mash.

- 3kg chopped beef
- 4 chopped carrots
- 2 chopped onions
- ½ celery stick
- 1½ cups plain flour
- 1 tsp salt
- 1 tsp pepper
- 1 tsp curry powder
- 5 cups water
- 2 tbsp vegetable stock

Casserole: Cut beef into bit sized pieces, toss beef in flour, salt pepper and curry powder.

Chop vegies, combine all ingredients into a large baking dish and cover with foil.

Cook at 180°C for approx 60-90 mins (until meat is tender) stir occasionally.

Mashed potato: peel and Cook 2½-3kg potatoes until soft, mash until smooth.

Quantities:

Nursery: ½ x steel bowl (blend slightly for young babies)

2-3s: 1 steel bowl

3-5s: 4 steel bowls

2. Set up Lunch Trolley

3. Make Sandwiches for afternoon tea. (2-3 loaves of bread)

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.

Preparation for the day

Wednesday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Make Sandwiches:

- 8 Loaves wholemeal bread,
- Allow 1 sandwich (2 slices bread) per child + extras.
- Cut into Quarters and arrange onto platters
- **Toppings:** Cheese, ham, chicken, carrot & cheese, salad, cheese & tomato, Vegemite, Jam, honey, cream cheese, tuna and mayo, banana.

2. Set up Lunch Trolley.

3. Make Pikelets for afternoon tea.

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.

Preparation for the day

Thursday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Prepare Mexican beef with Vegetables and Pasta.

- 3.5 kg beef mince
- 2tbsp garlic
- 1x 1ltr veggie stock
- 6 cups frozen peas and corn
- 2 packets pasta
- 2 leeks, finely chopped
- 1 tbsp chives
- 1 capsicum chopped
- 420 gms canned kidney beans (chopped in food processor)

Available herbs from Garden

Method:

1. Brown the mince in a large saucepan.
 2. Add the leeks, capsicum, chives, herbs and garlic and fry for a further 5 mins.
 3. Add the kidney beans and stir in well.
 4. Add the frozen vegetables and cook for 5 minutes (boil pasta separately).
 5. Add the pasta and cook together for a further 10 minutes.
2. Set up Lunch Trolley.
 3. Make sandwiches for afternoon tea. (2-3 loaves bread)
 4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.

Preparation for the day

Friday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Make Sandwiches:

- 8 Loaves wholemeal bread,
- Allow 1 sandwich (2 slices bread) per child + extras.
- Cut into Quarters and arrange onto platters
- **Toppings:** Cheese, ham, chicken, carrot & cheese, salad, cheese & tomato, Vegemite, Jam, honey, cream cheese, tuna and mayo, banana.

2. Set up Lunch Trolley.

3. Prepare homemade biscuits for afternoon tea.

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.

Menu Week 2

Daily Morning Tea: Yoghurt and Fruit. Milk/water

Daily Afternoon Tea: Fruit and assorted slices or sandwiches, vegetable sticks and dip. Water

Monday:
Morning Tea: Fruit and yoghurt
Lunch: Assorted Sandwiches
Afternoon Tea: Rice cakes with toppings & Fruit

Tuesday:
Morning Tea: Fruit and Yoghurt
Lunch: Grilled sausages, mash & vegies
Afternoon Tea: Assorted Sandwiches & Fruit

Wednesday:
Morning Tea: Fruit and Yoghurt
Lunch: Assorted Sandwiches
Afternoon Tea: Homemade biscuits & Fruit

Thursday:
Morning Tea: Fruit and Yoghurt
Lunch: Spaghetti Bolognaise
Afternoon Tea: Assorted Sandwiches & Fruit

Friday:
Morning Tea: Fruit and yoghurt
Lunch: Assorted Sandwiches
Afternoon Tea: Cheese and crackers & Fruit



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Shopping List

Week 2

Fruit & Veg Order

Randall Farm 3207 2509

- 6 kg Potatoes
- 2 kg carrots
- 4 zucchinis
- 1 lettuce
- 1 kg onions
- 1kg tomatoes
- Avocado

Bread & Milk Order

Dave Crombie 3206 2665

- 24 x Wholemeal Bread
- 10 x 2Ltr Milk
- 2x 2Ltr skim milk
- 12 Vaalia Yoghurt
- Grated Cheese
- Sliced Cheese
- Butter/margarine
- Ham/Chicken
- Eggs

Preparation for the day

Monday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Make Sandwiches:

- 8 Loaves wholemeal bread,
- Allow 1 sandwich (2 slices bread) per child + extras.
- Cut into Quarters and arrange onto platters
- **Toppings:** Cheese, ham, chicken, carrot & cheese, salad, cheese & tomato, Vegemite, Jam, honey, cream cheese, tuna and mayo, banana.

2. Set up Lunch Trolley.

3. Prepare rice cakes with assorted spreads for afternoon tea.

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.



Preparation for the day

Tuesday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Prepare Grilled sausages & mash & veggies

1. Peel & Boil potatoes (2.5 -3kgs)
2. Grill sausages
3. Cook 1 bag of frozen vegetables in microwave
4. Serve Vegetables, mash and cut pieces of sausages in 3 separate bowls per room.

2. Set up Lunch Trolley

3. Make Sandwiches for afternoon tea. (2-3 loaves of bread)

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.

Preparation for the day

Wednesday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Make Sandwiches:

- 8 Loaves wholemeal bread,
- Allow 1 sandwich (2 slices bread) per child + extras.
- Cut into Quarters and arrange onto platters
- **Toppings:** Cheese, ham, chicken, carrot & cheese, salad, cheese & tomato, Vegemite, Jam, honey, cream cheese, tuna and mayo, banana.

2. Set up Lunch Trolley.

3. Prepare homemade biscuits for afternoon tea.

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.

Preparation for the day

Thursday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Prepare Mexican beef with Vegetables and Pasta.

- 3 kg mince
- 2 carrots, grated
- 2 zucchinis, grated
- 1/2 sweet potato, grated
- 1-2 tbsp garlic
- 3 lge tins chopped tomatoes
- 2 tbsp tomato paste
- ½ tspn salt
- 3x 500g packets of dried spaghetti
- Chives

(Blend any leftover veggies in fridge from previous week and add these as well and use fresh herbs for the veggie garden -if available)

Method:

In Stockpot cook the mice until brown. Drain off excess liquid. Add leeks, chives and garlic, cook until soft. Add pureed peas and simmer.

In a large pot, boil water with a little oil. Add Spaghetti (broken into thirds) and cook until soft. Mix meat sauce and spaghetti.

Serving Size instructions:

Nursery: ¾ stainless steel bowl (check if needs to be blended for babies)

2-3 room: 1½ stainless steel bowls

3-5 room: 4 stainless steel bowls

Plus one small bowl grated cheese per room.

2. Set up Lunch Trolley.

3. Make sandwiches for afternoon tea. (2-3 loaves bread)

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.

Preparation for the day

Friday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Make Sandwiches:

- 8 Loaves wholemeal bread,
- Allow 1 sandwich (2 slices bread) per child + extras.
- Cut into Quarters and arrange onto platters
- **Toppings:** Cheese, ham, chicken, carrot & cheese, salad, cheese & tomato, Vegemite, Jam, honey, cream cheese, banana and tuna.

2. Set up Lunch Trolley.

3. Prepare crackers and cheese for afternoon tea.

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.

Menu Week 3

Daily Morning Tea: Yoghurt and Fruit. Milk/water

Daily Afternoon Tea: Fruit and assorted slices, cakes or sandwiches.
Water

Monday:
Morning Tea: Fruit and yoghurt
Lunch: Assorted Sandwiches
Afternoon Tea: Pikelets & Fruit

Tuesday:
Morning Tea: Fruit and Yoghurt
Lunch: Shepherds Pie
Afternoon Tea: Assorted Sandwiches & Fruit

Wednesday:
Morning Tea: Fruit and Yoghurt
Lunch: Assorted Sandwiches
Afternoon Tea: Homemade biscuits & Fruit

Thursday:
Morning Tea: Fruit and Yoghurt
Lunch: Lamb Curry & rice
Afternoon Tea: Assorted Sandwiches & Fruit

Friday:
Morning Tea: Fruit and yoghurt
Lunch: Assorted Sandwiches
Afternoon Tea: Cheese and crackers & Fruit



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Shopping List

Week 3

Fruit & Veg Order

Randall Farm 3207 2509

- 1 capsicum
- 6kg potatoes
- 2kg carrots
- 1 kg onions
- 1 kg tomatoes
- 2 cucumbers
- 1 lettuce

Bread & Milk Order

Dave Crombie 3206 2665

- 24 x Wholemeal Bread
- 10 x 2Ltr Milk
- 2x 2Ltr skim milk
- 12 Vaalia Yoghurt
- Grated Cheese
- Sliced Cheese
- Butter/margarine
- Ham/Chicken
- Eggs

Preparation for the day

Monday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Make Sandwiches:

- 8 Loaves wholemeal bread,
- Allow 1 sandwich (2 slices bread) per child + extras.
- Cut into Quarters and arrange onto platters
- **Toppings:** Cheese, ham, chicken, carrot & cheese, salad, cheese & tomato, Vegemite, Jam, honey, cream cheese, tuna and mayo, banana.

2. Set up Lunch Trolley.

3. Prepare Pikelets for afternoon tea.

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.

Preparation for the day

Tuesday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Prepare Shepherds Pie

6kg Potatoes	1 cup tomato puree
6tbsp Olive oil	3kg Desiree potatoes, peeled & diced
4 brown onion, finely chopped	6 carrots, peeled & diced
4kg beef mince	4 cups frozen peas & corn mix
Steamed rice to serve	2 tbsp Garlic

Method:

Heat oil in a saucepan over medium-high heat. Add onion, garlic and mince. Cook, and stir to break up mince, until browned. Add gravy powder, tomato puree and 1 cup cold water. Add carrots, cover and bring to the boil. Reduce heat to medium/low. Simmer, stirring occasionally, for 20 minutes or until potato is just tender. Add mushrooms and pea mixture. Cook for 5 minutes or until heated through.

To make shepherd's pie mash 10-12 potatoes spread on top, brush with butter to brown in oven.

2. Set up Lunch Trolley
3. Make Sandwiches for afternoon tea. (2-3 loaves of bread)
4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.

Preparation for the day

Wednesday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Make Sandwiches:

- 8 Loaves wholemeal bread,
- Allow 1 sandwich (2 slices bread) per child + extras.
- Cut into Quarters and arrange onto platters
- **Toppings:** Cheese, ham, chicken, carrot & cheese, salad, cheese & tomato, Vegemite, Jam, honey, cream cheese, tuna and mayo, banana.

2. Set up Lunch Trolley.

3. Prepare Dip, vegetable sticks & Crackers for afternoon tea.

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.



Preparation for the day

Thursday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Prepare Lamb Curry and Rice

8 cups rice	2 piches salt
4kg Lamb mince	2 tblsp curry powder
2 tblsp Olive Oil	450ml chicken stock
2 leeks	pureed pears (half & half cut into pieces)
2 tblsp garlic	use any leftover veggies in fridge

Method:

Cook the rice as per directions on the pack

In a large saucepan, heat the oil. Fry the leeks, garlic and salt until the onions are softened.

Stir in the lamb mince, breaking it up with a wooden spoon and cook until lightly browned.

Add the cury powder and canned peas and stir well

Cook for a few minutes and add the chicken stock and pear chunks, simmer for 20 to 30 minutes

Serve with rice.

2. Set up Lunch Trolley.

3. Make sandwiches for afternoon tea. (2-3 loaves bread)

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.

Preparation for the day

Friday

Morning Tea: Fruit Platter and Yoghurt. (Educators to prepare)

- **Write Today's menu on the Menu board**
- **Check Allergy Listing**

1. Make Sandwiches:

- 8 Loaves wholemeal bread,
- Allow 1 sandwich (2 slices bread) per child + extras.
- Cut into Quarters and arrange onto platters
- **Toppings:** Cheese, ham, chicken, carrot & cheese, salad, cheese & tomato, Vegemite, Jam, honey, cream cheese, banana and tuna.

2. Set up Lunch Trolley.

3. Prepare rice cakes for afternoon tea.

4. Set up afternoon Tea Trolley. Add Fruit from fruit basket, cutting board and knife for staff to do.