



Yummies for Little Tummys



**9 - 12 Months
Standard Menu**

Week Commencing: **Sample**

Our menu is:

- ✓ Egg Free
- ✓ Nut Free
- ✓ Seafood Free

Y4LT says no to nasty artificial colours, flavours & preservatives.

Y4LT meals are screened for sugar, salt and saturated fat content.

Please feel free to contact us on:

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Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
Assortment of Seasonal Fresh Fruit (e.g. Rockmelon & Banana) Maleny Daires Vanilla Custard	Assortment of Seasonal Fresh Fruit (e.g. Rockmelon & Banana) Yummies Strawberry Yoghurt	Assortment of Seasonal Fresh Fruit (e.g. Rockmelon & Banana) Maleny Daires Vanilla Custard	Assortment of Seasonal Fresh Fruit (e.g. Rockmelon & Banana) Yummies Mango Yoghurt	Assortment of Seasonal Fresh Fruit (e.g. Rockmelon & Banana) Yummies Banana Yoghurt
Lunch	Lunch	Lunch	Lunch	Lunch
Spinach & Garden Vegetables A nutrient rich combination of steamed spinach, peas, carrot and zucchini.	Beef Stroganoff Tender succulent pieces of lean beef cooked in a creamy mushroom sauce and packed with hidden vegetables for extra goodness combined with steamed basmati rice.	Lentil Stew A delicious combination of carrot, zucchini, brown lentils and basmati rice.	Chicken Spaghetti Lean chicken mince cooked in a vegetable sauce combining carrot, and zucchini with gluten free spaghetti.	Roasted Beef and Vegetables Lean roast beef combined with the flavours of sweet potato, cauliflower, peas, carrot and spaghetti.
Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
Assortment of Seasonal Fresh Fruit Mini Pumpkin Wholemeal Sandwiches	Assortment of Seasonal Fresh Fruit Cheddar Cheese Triangles	Assortment of Seasonal Fresh Fruit Steamed Carrot Sticks	Assortment of Seasonal Fresh Fruit Cheddar Cheese Strips	Assortment of Seasonal Fresh Fruit Mini Apple & Strawberry Slices

Week **1**