MENU

NOURISHING BALANCED WHOLESOME

MONDAY

MORNING TEA

Seasonal Rainbow Fruit + Veggie Platter

Fresh Sourdough + Avocado

AFTERNOON TEA

Seasonal Rainbow Fruit + Veggie Platter

Nourishing Smoothie

TUESDAY

MORNING TEA

Seasonal Rainbow Fruit + Veggie Platter

Sourdough with nourishing Hummus + Beetroot Sauerkraut

AFTERNOON TEA

Seasonal Rainbow Fruit + Veggie Platter

Pumpkin Pancakes with Butter + Syrup

WEDNESDAY

MORNING TEA

Seasonal Rainbow Fruit + Veggie Platter

Rice Crackers with Smashed Avocado + Pineapple Salsa

AFTERNOON TEA

Seasonal Rainbow Fruit + Veggie Platter + Nori

Coconut Yogurt + Mixed Berries

THURSDAY

MORNING TEA

Seasonal Rainbow Fruit + Veggie Platter

Rice Crackers + Sweet Potato dip + Chickpea mix

AFTERNOON TEA

Seasonal Rainbow Fruit + Veggie Platter

Chickpea + Olive Oil snacks

Sourdough Bread with Berry Chia Jam

FRIDAY

MORNING TEA

Seasonal Rainbow Fruit + Veggie Platter

AFTERNOON TEA

Seasonal Rainbow Fruit + Veggie Platter

Nourishing Smoothie/ "Nice Cream"

DISCLAIMER AND ALL THE NUTRITIOUS FACTS

All recipes are from Toddler to Table by Luka McCabe
Allergies have been accounted for

All food is ordered and made fresh for children

No seed oils used - only olive, aavocado, coconut oils used

We don't reheat food at LBV due to loss of nutrients. Please ensure children's heated food is severed in a clearly labeled thermos

By being mindful of meal and snack times, we can support LBV children approach meals with a healthy appetite.

Our aim is to teach children how to be intuitive eaters who know how to nourish and listen to their body.

All children will have access to our paddock to plate garden program 'Wild Earth' the chicken coop and nourishing food offerings from the children's educational program.

Our outdoor sensory and food gardens are a wonderful place to explore taste testing, sensorial smells and playing with/touching food without the expectation of eating the food.