

Menu



Week 1

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Weet Bix, Rice bubbles, Cornflakes, Wholemeal or Multigrain toast				
Morning Tea	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter
Lunch	Softly Spiced Chicken and Cauliflower with Couscous Cauliflower, Potatoes, Peas, Garam masala	Mixed Bean Ratatouille Pasta Carrot, Sweet potatoes, Zucchini, Corn kernels, Bean mix	Nonna's Traditional Bolognese Penne pasta, Carrots, Celery, Basil, Oregano, Beef, Onion	Sunshine Yellow Dhal and Basmati Rice Yellow spilt peas, Vegetable Stock, Peas, Onion, Diced tomatoes	Garlic Chicken and Veggie Stir-Fry with Rice Onion, Capsicum, Carrot, Green beans, Hoisin sauce
Afternoon Tea	Tasty Cheese and Cucumber on Rice Cakes served with Veggie Sticks Rice cakes, Cheese, Cucumber, Carrot	Tasty Cheese and Cucumber Sandwiches served with Veggies Wholemeal bread, Margarine, Cheese, Carrot	Pineapple and Cheese Pizzas served with Fresh Fruit Wraps, Passata sauce, Grated Cheese, Apple	Strawberry Loaf with Fresh Fruit Flour, Cinnamon, Banana, Milk, Eggs, Vanilla, Brown sugar	Cinnamon Fruit Loaf with Cucumber Sticks Flour, Cinnamon, Brown sugar, Milk, Apple

Late Snacks	Choose from: Wholemeal Cracker and cheese, Fruits and Vegetables served with water
Drink	Milk and Water (Allergens: Dairy)
Infant (Eating Solids)	A variety of healthy foods are offered everyday including iron rich foods (Meat, Poultry, Fish, Legumes / Beans, Tofu, Eggs) Fruits and Vegetables, Grains, and milk products. Foods are an appropriate texture for infant's age (e.g., Mashed, Lumpy, Chopped, Finger foods)
Allergies / Food preferences	Children with allergies, food intolerances and food preferences are provided a tailored version of the regular menu to suit their individual needs



Week 2

Week Two	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Weet bix, Rice Bubbles, Cornflakes, Wholemeal or Multigrain toast				
Morning Tea	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter	Fresh Seasonal Fruit Platter
Lunch	Catch of the day Tuna Bake Pasta, Pumpkin, Carrot, Ricotta cheese	Asian Beef Broccoli Stir-Fry with Oodles of Rice Noodles Firm tofu, Broccoli, Carrot, Onion, Soy Sauce	Easy Mexican Bean Bowls Kidney beans, Carrot, Tomato, Corn kernels, Cumin, Grated cheese	Chicken and Lentil San Choy Bau Rice Noodles, Lentils, Carrot, Mushrooms, Onion, Water Chestnuts	Superhero Bean Casserole with Pasta Twirls Potatoes, Onion, Carrot, Vegetable Stock, Celery
Afternoon Tea	Monkey Style Banana Bread served with Fresh Fruit Flour, Brown sugar, Milk, Egg, Vanilla, Watermelon	Tasty Cheese and Baby Spinach Muffins served with Fruits and Veggies Flour, Grated cheese, Milk, Carrot, Oranges, Sugar	The Happy Snacker's Platter Rice cakes, Cream cheese, Dates, Apricots	Avocado and Cheese Sandwiches served with Fruit and Veggies Wholemeal bread, Cheese, Carrot, Oranges	Easy Oaty Slice served with Crunchy Veggies Flour, Chia seeds, Sugar, Raisins, Margarine

Late Snacks	Choose from: Wholemeal Cracker and cheese, Fruits and Vegetables served with water
Drink	Milk and Water (Allergens: Dairy)
Infant (Eating Solids)	A variety of healthy foods are offered everyday including iron rich foods (Meat, Poultry, Fish, Legumes / Beans, Tofu, Eggs) Fruits and Vegetables, Grains, and milk products. Foods are an appropriate texture for infant's age (e.g., Mashed, Lumpy, Chopped, Finger foods)
Allergies / Food preferences	Children with allergies, food intolerances and food preferences are provided a tailored version of the regular menu to suit their individual needs