

Community Kids Menu



Menu plan

Week 1

Food allergies
Lunch and afternoon tea options cater for vegetarian, gluten free and dairy free intolerances. All other meals include options that cater for these requirements.

Water
Water is freely available throughout the day.

Snacking
We have a late snack option of apples and wholemeal rice crackers.

MONDAY	
Breakfast	Cereals or toast with Vegemite or jam. Milk or water
Morning tea	Seasonal fruits platter Milk or water
Nursery tea	Porridge, raisin toast or Weetbix with puree Milk or water
Lunch	Salmon & ricotta pasta Water
Babies lunch	Pureed fresh vegetables
Afternoon tea	Raisin bread & oranges Milk or water
Nursery tea	Watermelon, banana, grated apple, cheese, sultanas & clix

TUESDAY	
Breakfast	Cereals or toast with Vegemite or jam. Milk or water
Morning tea	Seasonal fruits platter Milk or water
Nursery tea	Porridge, raisin toast or weetbix with puree Milk or water
Lunch	Massaman beef curry With rice. Water
Babies lunch	Pureed fresh vegetables
Afternoon tea	Dried fruit, Oranges with rice cakes & cream cheese Milk or water
Nursery tea	Watermelon, Banana, Grated Apple & yoghurt

WEDNESDAY	
Breakfast	Cereals or toast with Vegemite or jam. Milk or water
Morning tea	Seasonal fruits platter Milk or water
Nursery tea	Porridge, raisin toast or Weetbix with puree Milk or water
Lunch	Chicken Stroganoff With cous cous. Water
Babies lunch	Pureed fresh vegetables
Afternoon tea	Fruit & Custard Milk or water
Nursery tea	Watermelon, banana, grated apple, cheese, sultanas & clix

THURSDAY	
Breakfast	Cereals or toast with Vegemite or jam. Milk or water
Morning tea	Seasonal fruits platter Milk or water
Nursery tea	Porridge, raisin toast or weetbix with puree Milk or water
Lunch	Chow Mein With noodles. Water
Babies lunch	Pureed fresh vegetables
Afternoon tea	Vegie sticks, cheese, hommus & rice crackers Milk or water
Nursery tea	Watermelon, Banana, Grated Apple & custard

FRIDAY	
Breakfast	Cereals or toast with Vegemite or jam. Milk or water
Morning tea	Seasonal fruits platter Milk or water
Nursery tea	Porridge, raisin toast or Weetbix with puree Milk or water
Lunch	Pea & Potato Curry With rice. Water
Babies lunch	Pureed fresh vegetables
Afternoon tea	Pizza slice Milk or water
Nursery tea	Watermelon, banana, grated apple, cheese, sultanas & clix