

WINTER MENU

Week One



Created with **Karla Gilbert**,
dietitian-approved

**Our menus provide gluten-free, dairy-free and vegetarian options for all meals and snacks.*

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Cheese and Spinach Scones + Seasonal Fruit Salad + Greek Yoghurt	Toasted English Muffins w Assorted Spreads + Fresh Fruit + Glass of Milk	Cheesymite Scrolls + Seasonal Fresh Fruit	Greek Yoghurt w Seasonal Chopped Fruit + Cruskits and Assorted Spreads	Banana Cocoa Smoothie + Seasonal Chopped Fruit
Lunch	Hidden Veg Mac and Cheese (pasta, zucchini, onion, cauliflower, cheese, milk, bacon)	Kiddy Con Carne with Pita Crisps (lean beef mince, red kidney beans, onion, tomato, cheese, wholegrain wraps, tomato paste, carrots, zucchini, cumin)	Chicken Stir-fry with Noodles (chicken, noodles, garlic, onion, cabbage, mixed vegetables)	Wholemeal Aussie Sandwiches (beef or ham, lettuce, tomato, cheese, grated carrot, wholegrain bread)	Beef and Veggies (beef mince, potatoes, mixed vegetables, garlic, onion, puff pastry, milk)
Afternoon Tea	Chickpea Hummus + Rice Crackers + Assorted Fruit Platter	Kool Kids Platter Cheese, Avocado Dip, Vegetables and Crackers	Selection of Fresh and Dried Fruits + Grated Cheese w Crackers	Fresh Fruit and Veggies + Apple and Oat Loaf	Brown Rice Cakes + Grated Cheese + Vegemite Spread + Fresh Fruit



Our focus is on providing children with simple, nutrient-rich, and seasonal whole foods that meet nutritional guidelines. Our chefs endeavour to meet the individual needs of children with food allergies confirmed by a medical practitioner. The service will actively adhere to the medical recommendations and ensure that it is communicated to those persons who directly care for the child.