

Menu: Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Served before 8am)	WEET-BIX AND OATS (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX AND OATS (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX OR WHOLEMEAL TOAST (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX AND OATS (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX or Wholemeal Toast (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>
Morning Tea (served with a glass of milk)	FRESH SEASONAL FRUIT SALAD <i>Served with Greek yoghurt</i>	FRESHLY BAKED BERRY MUFFINS Berries, yoghurt, flour, vanilla, eggs, butter	BANANA & WHOLE WHEAT PANCAKES Banana, Whole Wheat flour, coconut milk, full cream milk, eggs	FRESH SEASONAL FRUIT SALAD <i>Served with Greek yoghurt</i>	WARM PORRIDGE & FRESH SEASONAL FRUIT SALAD
Lunch	BEEF CHOW MEIN & HOKKIEN NOODLES Beef mince, vegetables, rice, canned tomatoes, stock, herbs, Hokkien noodles	CHICKEN & VEGETABLE RISOTTO Chicken, mixed vegetables, aborio rice, diced tomatoes, chicken stock	TUNA MORNAY PASTA BAKE Tuna, butter, flour, milk, cheese, vegetables	RICH BEEF CASSEROLE WITH COUS COUS Cous cous, beef, onion, beef stock, vegetables	MEXICAN BEAN PASTA Pasta, melody of beans, mixed vegetables, tomato salsa, sour cream, cheese
Afternoon Tea (soft option available for Babies)	WHOLE MEAL VEGIE PIZZA SCROLLS Wholemeal flour, milk, cheese, butter, mixed grated vegetables, tomato paste	FRESH SEASONAL FRUIT, CHEESE AND RICE CRACKERS	BEETROOT DIP, VEGGIES STICKS & CRACKERS Beetroot, cream cheese, carrots, celery, cucumber	FRESH SEASONAL FRUIT PLATTER	WHOLEMEAL SCONES WITH RICE MALT SYRUP Wholemeal flour, butter, full cream milk, rice malt syrup
Baby Menu (Mash will also include beans/lentils for protein)	APPLE & PEAR PUREE	BANANA & STRAWBERRY PUREE	APRICOT & APPLE PUREE	FRUIT SALAD PUREE	APPLE & BANANA PUREE
	POTATO, CARROT, CAULIFLOWER MASH	CARROT, ZUCHINNI MASH	PUMPKIN, BROCCOLI MASH	SWEET POTATO, PEAS, CARROT MASH	BROCCOLI, PUMPKIN MASH

We can supply soy milk and Nuttalex butter for children who are lactose or gluten free / allergies. Yoghurt and fresh fruit will always be made available to all children. A glass of water will be served with each meal.

Menu: Week Two

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast (Served before 8am)	WEET-BIX AND OATS (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX AND OATS (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX OR WHOLEMEAL TOAST (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX AND OATS (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX AND OATS (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>
Morning Tea (served with a glass of milk)	FRESH SEASONAL FRUIT SALAD <i>Served with Greek yoghurt</i>	HEALTHY BANANA BREAD Banana, cinnamon, eggs, whole wheat flour, milk	WARM PORRIDGE & MIXED FRUIT Oats, water, mixed fruit	FRESH SEASONAL FRUIT SALAD <i>Served with Greek yoghurt</i>	HEALTHY APPLE PANCAKES Apples, whole wheat flour, cinnamon, full cream milk, eggs
Lunch	TUNA & CORN BAKE Tuna, seasonal vegetables, brown rice, eggs, milk	SPAGHETTI BOLOGNAISE Spaghetti, beef mince, pasta, vegetables, tomatoes	APRICOT CHICKEN & COUS COUS Cous cous, diced chicken, apricot nectar, French onion soup, vegetables	THAI GREEN BEEF CURRY & RICE Diced beef, curry paste, coconut milk, vegetable milk, vegetables & Brown rice	LAMB STROGANOFF & PASTA Wholemeal Pasta, stock, diced lamb, Worcestershire sauce, sour cream, vegetables
Afternoon Tea (soft option available for Babies)	APPLE CRUMBLE SLICE Oats, apples, cinnamon, wholemeal flour, butter, egg	FRESH SEASONAL FRUIT PLATTER	CORN RELISH DIP WITH CHEESE & CRACKERS Corn relish, cream cheese, carrots, celery, cucumber, crackers, cheese	CHEESE & VEGEMITE WHOLEMEAL SCROLLS Wholemeal flour, butter, milk, cheese, vegemite	FRESH SEASONAL FRUIT PLATTER WITH CHEESE AND CRACKERS
Baby Menu (Mash will also include beans/lentils for protein)	APPLE & PEAR PUREE	BANANA & STRAWBERRY PUREE	APRICOT & APPLE PUREE	FRUIT SALAD PUREE	APPLE & BANANA PUREE
	POTATO, CARROT, CAULIFLOWER MASH	CARROT, ZUCHINNI MASH	PUMPKIN, BROCCOLI MASH	SWEET POTATO, PEAS, CARROT MASH	BROCCOLI, PUMPKIN MASH

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Menu: Week Three

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Breakfast (Served before 8am)	WEET-BIX AND OATS (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX AND OATS (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX OR WHOLEMEAL TOAST (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX AND OATS (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>	WEET-BIX AND OATS (Offered with full cream milk) <i>*Fruit puree added for under 12 months of age</i>
Morning Tea (served with a glass of milk)	FRESH SEASONAL FRUIT PLATTER	BLUEBERRY PANCAKES Blueberries, Wholemeal Flour, coconut milk, eggs	FRESH SEASONAL FRUIT SALAD <i>Served with Greek yoghurt</i>	TASTY RASPBERRY & BANANA MUFFINS Banana, egg, butter, Wholemeal flour, raspberries	FRESH SEASONAL FRUIT SALAD <i>Served with Greek yoghurt</i>
Lunch	MOROCCAN LAMB STEW & COUS COUS Diced lamb, cous cous, herbs & spices, seasonal vegetables	HONEY, SOY CHICKEN & RICE NOODLES Chicken, rice noodles, honey, soy sauce & seasonal vegetables	CHICKEN KORMA CURRY & RICE Rice, diced chicken, korma curry paste, coconut milk, mixed vegetables	CREAMY SALMON PASTA Cream, salmon, garlic, onion, Wholemeal pasta, egg, vegetables	VEGETARIAN FRIED RICE Brown Rice, onion, mixed vegetables, vegetable stock, soy sauce
Afternoon Tea (soft option available for Babies)	BEETROOT DIP, VEGGIES STICKS & CRACKERS Beetroot, cream cheese, carrots, celery & cucumber	FRESH SEASONAL FRUIT PLATTER	APPLE TEA CAKE Butter, wholemeal flour, egg, full cream milk, diced apples	FRESH SEASONAL FRUIT PLATTER, CHEESE AND CRACKERS	MINI VEGETABLE QUICHES Short crust pastry, eggs, milk, zucchini, carrot, cheese
Baby Menu (Mash will also include beans/lentils for protein)	APPLE & PEAR PUREE	BANANA & STRAWBERRY PUREE	APRICOT & APPLE PUREE	FRUIT SALAD PUREE	APPLE & BANANA PUREE
	POTATO, CARROT, CAULIFLOWER MASH	CARROT, ZUCHINNI MASH	PUMPKIN, BROCCOLI MASH	SWEET POTATO, PEAS, CARROT MASH	BROCCOLI, PUMPKIN MASH

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Menu: Week Four

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Morning Tea (served with a glass of milk)	BERRY SURPRISE Served with Greek Yoghurt	HEALTHY BANANA BREAD Bananas, cinnamon, eggs, wholemeal flour, full cream milk	WATERMELON, PINEAPPLE, KIWI FRUIT, ORANGE & BANANA FRUIT PLATTER	APPLE MUFFINS Apples, eggs, Wholemeal flour, oil, full cream milk, cinnamon, vanilla	FRESH SEASONAL FRUIT SALAD Served with Greek yoghurt
Lunch	BEEF MASSAMAN CURRY & RICE Rice, diced beef, beef stock, curry paste, coconut milk, spices, vegetables	CREAMY SUNDRIED TOMATO PASTA Pasta, vegetables, cream, sundried tomatoes, garlic, cheese	MOROCCAN CHICKEN & COUS COUS Diced chicken, cous cous, mixed vegetables, Moroccan seasoning, cumin	CHICKEN, TOMATO PASTA BAKE Chicken, seasonal vegetables, cheese, wholemeal pasta	CHEESEY TUNA RISONI Risoni, stock, tuna, vegetables, mild, cheese
Afternoon Tea (soft option available for Babies)	FRESH SEASONAL FRUIT PLATTER	CHEESE & VEGEMITE SCROLLS Wholemeal flour, butter, milk, cheese, vegemite	CORN DIP WITH CHEESE & CRACKERS corn relish, cream cheese, carrots, celery, cucumber	FRESH SEASONAL FRUIT PLATTER WITH CHEESE & CRACKERS	UPSIDE DOWN PINEAPPLE CAKE Pineapple, butter, egg, flour, milk
Baby Menu (Mash will also include beans/lentils for protein)	APPLE & PEAR PUREE	BANANA & STRAWBERRY PUREE	APRICOT & APPLE PUREE	FRUIT SALAD PUREE	APPLE & BANANA PUREE
	POTATO, CARROT, CAULIFLOWER MASH	CARROT, ZUCHINNI MASH	PUMPKIN, BROCCOLI MASH	SWEET POTATO, PEAS, CARROT MASH	BROCCOLI, PUMPKIN MASH

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