

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
	Seasonal Fruit Platter Banana and berry parfait	Seasonal Fruit Platter Wholemeal Raisin Toast with a Blueberry Ricotta Spread	Seasonal Fruit Platter Breakfast Bruschetta, Toasted Wholemeal Turkish with Cheese & Cucumber	Seasonal Fruit Platter Greek Yoghurt with a Drizzle of Wild Berry Coulis & Granola	Seasonal Fruit Platter Apple pie oat bar
LUNCH	Water	Water	Water	Water	Water
	Mexican Beef Tacos Soft Shell Wholemeal Tortillas filled with Chilli Beef, Corn, Beans & Grated Cheese	Chicken Tikka Masala Roasted Chicken Pieces in a Tomato Curry Sauce with Capsicum Served with Brown Rice & Pappadums	Winter vegetable and lentil soup with crusty sourdough	Savoury Beef, Vegetable & Ricotta Lasagne with crunchy garlic loaf	Barramundi, mixed vegetable & potato pie gratin
AFTERNOON TEA	Water	Water	Water	Water	Water
	Vegan Banana, Date & Chia Wholemeal Loaf	Leek and tasty cheese wholemeal savoury muffin	Vegetable Sticks with fruit & Cannellini Bean Dip, Wheat Crackers	Wholemeal Cinnamon spiced oat biscuits	Cheese Cubes with Ryvita Crackers & Sliced Fruit
Grains (minimum 2 serves)	2	3	3	2	3
Vegetables (minimum 1-1/2 serves)	1 ½	1	2	1	1
Fruit (minimum 1 serve)	1	2	2	1	2
Dairy (minimum 2 serve)	2	2	2	2	2
Meat or Meat Alternative (minimum 1 serve)	1	1	1	1	1
Vegetarian Meal (minimum 1 per week)			1		
WATER	Fresh drinking water is offered throughout the day.				
LATE SNACK	Choose from wholegrain crackers and cheese or fruit, vegie sticks and hummus.				
INFANTS EATING SOLIDS	A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, eggs) fruit, vegetables, grains and milk products. Foods are an appropriate texture for infants age. Breast milk, infant formula and cooled boiled water are the only drinks provided to infants under 12 months old				
ALLERGIES	Children with allergies and food intolerances are provided a tailored version of the regular menu to suit their individual needs				