



# Menu



## WEEK 1

### BREAKFAST Monday- Friday

- Choose from: Weetbix, wholemeal toast, fresh fruit (apples, oranges, pears, bananas), yogurt
- Served with milk and water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p>Fruit platter (Apple, orange, pear, banana, watermelon)</p> <p><b>Yoghurt with mixed berries</b> <i>Drinks: milk and water</i></p>	<p>Fruit platter (Apple, orange, pear, banana, watermelon)</p> <p><b>Ham and cheese toasties on wholemeal bread</b> <i>Drinks: milk and water</i></p>	<p>Fruit platter (Apple, orange, pear, banana, watermelon)</p> <p><b>Yoghurt and Mango</b> <i>Drinks: milk and water</i></p>	<p>Fruit platter (Apple, orange, pear, banana, watermelon)</p> <p><b>Fruit Bread</b> <i>Drinks: milk and water</i></p>	<p>Fruit platter (Apple, orange, pear, banana, watermelon)</p> <p><b>Blueberry Pancakes</b> Main ingredients: Blueberries, rice milk, nutlex, eggs and wholemeal flour <i>Drinks: milk and water</i></p>
LUNCH	<p><u><b>Chilli Con Carne with Rice</b></u></p> <p><b>Main ingredients:</b> Rice, onion, carrot, celery, capsicum, lean beef mince, red kidney beans, crushed tomatoes, garlic, chilli powder, cumin. <i>Drinks: water</i></p>	<p><u><b>Honey Soy Chicken strips with Vegetables</b></u></p> <p><b>Main ingredients:</b> Garlic, soy sauce, honey, lemon juice, chicken strips, potato (mashed), peas, corn cobs). <i>Drinks: water</i></p>	<p><u><b>Beef Cottage Pie and mixed vegetables</b></u></p> <p><b>Main ingredients:</b> Minced beef, onion, tinned tomatoes, potatoes, cheese, milk, carrots, peas. <i>Drinks: water</i></p>	<p><u><b>Vegetarian Pasta</b></u></p> <p><b>Main Ingredients:</b> Tomato soup, crushed tomatoes, garlic, basil, onion, carrot, zucchini, broccoli, spaghetti, cheese. <i>Drinks: water</i></p>	<p><u><b>Variety of wraps</b></u></p> <p><b>Main ingredients:</b> Ham, chicken, egg, lettuce, tomato, carrot, cheese, cucumber, wholemeal flat bread. <i>Drinks: water</i></p>
AFTERNOON TEA	<p><b>Rice cakes with variety of toppings</b> (including: margarine, vegemite, honey, ham, cheese) with carrot and celery sticks) <i>Drinks: water</i></p>	<p><b>Blueberry muffins</b> Main ingredients: Wholemeal flour, baking powder, eggs, vanilla extract, frozen blueberries <i>Drinks: water</i></p>	<p><b>Anzac Biscuits</b> Main ingredients: Rolled oats, wholemeal flour, coconut, honey. <i>Drinks: water</i></p>	<p><b>Crackers and Dip Milk</b> Main ingredients: Milk, strawberries, bananas, vanilla extract, beetroot, lemon juice, rice crackers. <i>Drinks: water</i></p>	<p><b>Banana Bread</b> Main ingredients: Bananas, milk, eggs, butter, wholemeal flour, baking powder, seed meal. <i>Drinks: water</i></p>

### LATE SNACK

Choose from rice cakes, rice crackers and fresh fruit

### Infants (eating solids)

Pureed options are offered to children who are not able to eat items on the main menu – these include potato, pumpkin, sweet potato, broccoli, banana, apple.

### Water

Water is freely available throughout the day

### Allergies

Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs





# Menu



## WEEK 2

**BREAKFAST**  
Monday- Friday

- Choose from: Weetbix, wholemeal toast, fresh fruit (apples, oranges, pears, bananas), yogurt
- Served with milk and water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Ham and cheese toasties on wholemeal bread</b> <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Yoghurt with mixed berries</b> <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Crackers with cheese</b> <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Yoghurt with mixed berries</b> <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Pancakes with banana and mixed berries</b> Main ingredients: eggs, flour, milk, vanilla essence <i>Drinks: milk and water</i>
LUNCH	<u><a href="#">Bolognese sauce with wholemeal pasta</a></u> <b>Main ingredients:</b> Onion, garlic, beef mince, Tomato passata, <i>Drinks: water</i>	<u><a href="#">Fish Curry with Coconut Cream and Brown Rice</a></u> <b>Main ingredients:</b> Spring onion, garlic, ginger, curry powder, tomato paste, sweet potato, carrot, coconut milk, white fish fillets, baby spinach <i>Drinks: water</i>	<u><a href="#">Mac and Cheese with vegetables</a></u> <b>Main ingredients:</b> Cauli, Zuc pumpkin, flour, milk, sour cream, cheese, whole meal pasta <i>Drinks: water</i>	<u><a href="#">Chicken Nuggets with mashed potatoes and mixed vegetables</a></u> <b>Main Ingredients:</b> Breadcrumbs, arrowroot, cauliflower, chicken breast, olive oil <i>Drinks: water</i>	<u><a href="#">Sweet Potato Pizza with ham/ chicken cheese and tomato</a></u> <b>Main ingredients:</b> Sweet potato, Wholemeal flour, tomato passata, cheese, mushrooms, capsicum, zucchini and onion <i>Drinks: water</i>
AFTERNOON TEA	<b>Wholemeal pita, French onion dip and vegetable sticks</b> <b>Main ingredients:</b> French onion mix, cream cheese, wholemeal bread <i>Drinks: water</i>	<b>Apple and cinnamon muffins</b> <b>Main ingredients:</b> Wholemeal flour, eggs, milk, apple, cinnamon, brown sugar <i>Drinks: water</i>	<b>Oaty Coconut Slice</b> <b>Main ingredients:</b> Oats, wholemeal flour, butter, coconut, honey, mixed dried fruit, apple <i>Drinks: water</i>	<b>Muesli bar</b> <b>Main ingredients:</b> Rice puffs, pumpkin seeds, sunflower seeds, coconut oil, honey, vanilla extract, cinnamon <i>Drinks: water</i>	<b>Chicken &amp; vegetable sausage rolls</b> <b>Main ingredients:</b> Puff pastry, chicken mince, onions, carrots, zucchini, tomato paste, eggs <i>Drinks: water</i>

### LATE SNACK

Choose from rice cakes, rice crackers and fresh fruit

### Infants (eating solids)

Pureed options are offered to children who are not able to eat items on the main menu – these include potato, pumpkin, sweet potato, broccoli, banana, apple, porridge

### Water

Water is freely available throughout the day

### Allergies

Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs





# Menu

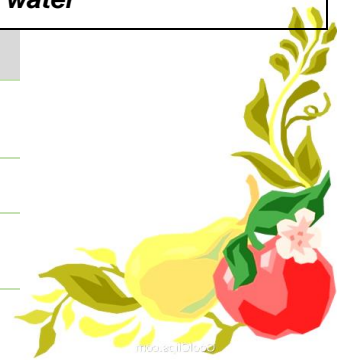
## WEEK 3

**BREAKFAST**  
Monday- Friday

- Choose from: Weetbix, wholemeal toast, fresh fruit (apples, oranges, pears, bananas), yogurt
- Served with milk and water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Yoghurt with mixed berries</b> <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Ham and cheese toasties on wholemeal bread</b> <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon) <b>Pancakes and Strawberry Milk shakes</b> Main ingredients: eggs, flour, milk, vanilla essence <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Yoghurt with blue berries and banana</b> <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Muesli slice</b> Main ingredients: Muesli, juice, coconut <i>Drinks: milk and water</i>
LUNCH	<u><b>Chicken and vegetable noodle stir fry</b></u> <b>Main ingredients:</b> Chicken, Broccoli, Carrot, Cabbage, Zucchini, Garlic, Ginger, noodles <i>Drinks: water</i>	<u><b>Beef Chow Mein</b></u> <b>Main ingredients:</b> Beef mince, onions, celery, cabbage, carrots, rice <i>Drinks: water</i>	<u><b>Vermicelli noodle fried rice with vegetables</b></u> <b>Main ingredients:</b> Brown rice, onion, garlic, carrot, corn, peas, vermicelli noodles <i>Drinks: water</i>	<u><b>Tuna bake with wholemeal pasta</b></u> <b>Main Ingredients:</b> Tuna, wholemeal pasta, cheese, rice milk, cream, French onion mix <i>Drinks: water</i>	<u><b>Beef stroganoff with wholemeal pasta</b></u> <b>Main ingredients:</b> Beef, pasta, garlic, onion, beef stock, mushrooms, sour cream <i>Drinks: water</i>
AFTERNOON TEA	<b>Banana Muffins</b> Main ingredients: Ripe bananas, coconut cream, wholemeal flour, eggs <i>Drinks: water</i>	<b>Pinwheels with Vegetable sticks</b> Main ingredients: Puff pastry, cheese, vegemite, tomato puree, carrots, celery <i>Drinks: water</i>	<b>Mixed sandwiches</b> Main ingredients: Wholemeal bread, margarine, cheese, vegemite, ham, eggs, lettuce, tomatoes, honey <i>Drinks: water</i>	<b>Carrot cake</b> Main ingredients: Wholemeal flour, brown sugar, carrots, eggs, milk, vanilla essence, cinnamon <i>Drinks: water</i>	<b>Rice crackers with cheese and vegetable sticks</b> Main ingredients: Rice crackers, cheese, carrots, celery <i>Drinks: water</i>

<b>LATE SNACK</b>	Choose from rice cakes, rice crackers and fresh fruit
<b>Infants (eating solids)</b>	Pureed options are offered to children who are not able to eat items on the main menu – these include potato, pumpkin, sweet potato, broccoli, banana, apple, porridge
<b>Water</b>	Water is freely available throughout the day
<b>Allergies</b>	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs





# Menu

## WEEK 4

**BREAKFAST**  
Monday- Friday

- Choose from: Weetbix, wholemeal toast, fresh fruit (apples, oranges, pears, bananas), yogurt
- Served with milk and water

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit platter (Apple, orange, pear, banana, watermelon), with vege sticks (Carrots and celery)  <b>Fruit bread</b> <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Yoghurt with mixed berries</b> <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon) <b>Crackers and vegetable sticks with dip</b> Main ingredients: French onion mix, cream cheese, rice crackers <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Pancakes with sugar free jam</b> Main ingredients: eggs, flour, milk, vanilla essence <i>Drinks: milk and water</i>	Fruit platter (Apple, orange, pear, banana, watermelon)  <b>Yoghurt with blue berries and banana</b> <i>Drinks: milk and water</i>
LUNCH	<u><a href="#">Creamy pumpkin and vegetable pasta</a></u> <b>Main ingredients:</b> Pumpkin, garlic, tomato passata, mixed vegetables, wholemeal pasta, cheese <i>Drinks: water</i>	<u><a href="#">Lamb Korma with vegetables and rice</a></u> <b>Main ingredients:</b> Lamb, pumpkin, onion, garlic, tomatoes, coconut milk, turmeric, cinnamon, cumin, masala, brown rice <i>Drinks: water</i>	<u><a href="#">Grilled Fish with rice, sweet potato, potato and corn</a></u> <b>Main ingredients:</b> White fish fillets, sweet potato, corn cob <i>Drinks: water</i>	<u><a href="#">Beef casserole with Cauliflower and potato mash</a></u> <b>Main Ingredients:</b> Beef, onion, carrot, parsnip, beef stock, garlic, soy sauce, potato starch, cauliflower <i>Drinks: water</i>	<u><a href="#">Chicken carbonara</a></u> <b>Main ingredients:</b> Chicken, corn, onion, cream, parmesan cheese, vege stock, butter, mushrooms, pasta <i>Drinks: water</i>
AFTERNOON TEA	<b>Apple Cake</b> Main ingredients: Flour, eggs, vanilla, apples, baking powder <i>Drinks: water</i>	<b>Rice Crackers with Hummus dip</b> Main ingredients: Chickpeas, lemon juice, rice crackers. <i>Drinks: water</i>	<b>Muesli bar</b> Main ingredients: Muesli, honey, vanilla extract, cinnamon <i>Drinks: water</i>	<b>Date slice</b> Main ingredients: Dates, eggs, coconut oil, honey, vanilla, wholemeal flour <i>Drinks: water</i>	<b>Chicken vegetable sausage rolls</b> Main ingredients: Puff pastry, chicken mince, onions, carrots, zucchini, tomato paste, eggs <i>Drinks: water</i>

### LATE SNACK

Choose from rice cakes, rice crackers and fresh fruit

### Infants (eating solids)

Pureed options are offered to children who are not able to eat items on the main menu – these include potato, pumpkin, sweet potato, broccoli, banana, apple, porridge

### Water

Water is freely available throughout the day

### Allergies

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