

WEEKLY MENU

WEEK 1

BREAKFAST		<ul style="list-style-type: none"> Choose from: Weetbix, wholemeal toast, fresh fruit (apples, oranges, pears, bananas), yogurt Served with milk and water 				
Monday- Friday		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Hummus and Vegetable Dips with crackers, cheese & vegetable sticks (Babies: Porridge)	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Fruit Bread/ Fruit Bread pudding Eggs, oat milk, oats, sultana/apple, cinnamon	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Pancakes Wholemeal and white flour, nuttelex, eggs, rice milk, non-diary yoghurt, honey	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Banana Bread / Baked Rice Custard Slice Bananas, wholemeal flour/ rice, soy and oats milks, eggs, vanilla, nutmeg	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Vanilla Yoghurt and berries	
	Zucchini slice with buttered corn cobs, or buttered potato chunks Zucchini, carrot, onion, wholemeal flour, vegetable oil, eggs	Baked fish with creamy curry sauce with brown rice and tossed salad White fish fillets, pumpkin, sweet potato, celery, onion, oat milk	Lamb pie with chunky veg and potato mash Diced lamb, celery, pumpkin, peas, onions and mint	Braised beef with brown rice Beef strips, tomato, potato, green beans, pumpkin, onion, and garlic	Chicken and veg noodle soup with garlic bread sticks Cabbage, broccoli, corn, carrot, noodles	
	Pizza Snacks/ Oaty slice with yoghurt top Wholemeal bread, tomato paste, herbs, garlic, cheese/ Oats, Wholemeal flour, soy milk, nuttelex, coconut oil, coconut yoghurt, vanilla essence	Ham and Cheese sandwiches/toasties Wholemeal bread, cheddar cheese, ham, nuttelex	Sweet potato and chickpea bites Chickpeas, sweet potato, breadcrumbs, onion, eggs, lemon juice	Apple cinnamon muffins Wholemeal flour, nuttelex, dairy free yoghurt, eggs	Fruit crumble Peaches, pears, apple, wholemeal flour, eggs, soy milk, coconut oil, dairy free yoghurt, nuttelex	

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
N.B.	Milk is offered at morning or afternoon tea each day, wholemeal bread is offered with each lunch meal

Recommended serves per day:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Vegetable	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Bread and cereal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Dairy	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Meat or alternative	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>
Weekly serves	Red meat <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/>	White meat <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/>	Vegetarian <input checked="" type="checkbox"/> <input type="checkbox"/>

WEEKLY 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 Apples, oranges, watermelon, pear and seasonal fruits Fruit Bread/ Fruit Bread pudding Eggs, oat milk, oats, sultana/apple, cinnamon	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Vanilla Yoghurt and berries	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Pancakes Wholemeal and white flour, nuttalex, eggs, rice milk, non-diary yoghurt, honey	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Mini scrambled egg cups/ Baked custard slice Eggs, oatmilk, nuttalex/ soymilk, eggs, vanilla, nutmeg	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Banana Cake Wholemeal flour, nuttalex, eggs, non-diary yoghurt
LUNCH	Lamb korma with brown rice Lamb strips tomato, potato, peas, beans, pumpkin, korma paste	Greek meatballs with tossed salad Beef mince, onion, parsley, mint, cinnamon, eggs, pumpkin, lettuce, tomato, cucumber.	Chicken stir fry with crispy and soft noodles Chickey breast, carrot, celery, onion, baby corn, boc choy, cabbage	Vegetable hotpot with Couscous and Turkish bread Butter beans, cauliflower, carrot, potato, spinach, capsicum, celery, tomatoes, paprika, olive oil	Crumbed fish with garlic butter potato salad and steamed vegetables Fish, potatoes, cabbage, broccoli, corn, carrots and peas. Non dairy dressing, parsley.
AFTERNOON TEA	Polenta and Spinach squares Polenta, carrot, spinach, olive oil Or Buttered Corn Cobettes	Pizza sticks and cheese Wholemeal bread, tomato paste, herbs, garlic, cheese	Sweet potato and chickpea bites Chickpeas, sweet potato, breadcrumbs, onion, eggs, lemon juice	Ham/chicken and cheese toasties/sandwiches Wholemeal bread, nuttalex, ham/chicken meat, cheese	Fruit crumble Peaches, pears, apple, wholemeal flour, eggs, soy milk, coconut oil, dairy free yoghurt, nuttalex

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
N.B.	Milk is offered at morning or afternoon tea each day, wholemeal bread is offered with each lunch meal

Recommended serves per day:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Vegetable	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Bread and cereal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Dairy	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Meat or alternative	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>
Weekly serves	Red meat <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/>	White meat <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input type="checkbox"/>	Vegetarian <input checked="" type="checkbox"/> <input type="checkbox"/>

WEEKLY MENU

WEEK 3

BREAKFAST Monday- Friday		<ul style="list-style-type: none"> 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 Apples, oranges, watermelon, pear and seasonal fruits Cheese & vegetable sticks Carrot, celery and cucumber (Babies: Porridge)	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Fruit Bread/ Fruit Bread pudding Eggs, oat milk, oats, sultana/apple, cinnamon	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Blueberry Pancakes Wholemeal and white flour, nuttelex, eggs, rice milk, non-diary yoghurt, blueberries	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Baked Rice Custard Slice/ Fruit salad with yoghurt Wholemeal flour/ rice, soy and oats milks, eggs, vanilla, nutmeg	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Vanilla Yoghurt and berries	
LUNCH	Tuna bake with corn/potato chunks Onion, capsicum, garlic, carrot, zucchini, tomato paste, tomato passata, tuna, pasta, cheese	Beef stroganoff Beef strips, tomato, potato, sweet potato, pumpkin, onion, mushrooms, soy milk, garlic, flour	Fried vegetables, tofu and butter beans with brown rice Brown rice, butter beans, tofu, celery, carrot, peas, red capsicum, corn, soy sauce	Lamb stir fry with crispy and soft noodles Lamb strips, baby corn, boc choy, Chinese cabbage, onion, garlic and noodles	Chicken nuggets with garlic butter potatoes and vegetables Chicken breast, bread crumbs, potatoes, broccoli, carrots, green beans	
AFTERNOON TEA	Pizza sticks and cheese Wholemeal bread, tomato paste, herbs, garlic, cheese	Chicken sausage rolls with homemade tomato sauce Puff pastry, chicken mince, onions, bread crumbs, carrot, spinach, celery and parsley Ham and Cheese sandwiches/ toasties	Fruit crumble Peaches, pears, apple, wholemeal flour, eggs, soy milk, coconut oil, dairy free yoghurt, nuttelex	Ham and Cheese sandwiches/ toasties Wholemeal bread, cheddar cheese, ham, nuttelex Chicken sausage rolls with homemade tomato sauce	Sweet potato and chickpea bites Chickpeas, sweet potato, breadcrumbs, onion, eggs, lemon juice	

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Water	Water is freely available throughout the day
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N.B.	Milk is offered at morning or afternoon tea each day, wholemeal bread is offered with each lunch meal

Recommended serves per day:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit	☒	☒	☒	☒	☒
Vegetable	☒ ☒	☒ ☒	☒ ☐	☒ ☒	☒ ☒
Bread and cereal	☒ ☒	☒ ☒	☒ ☒	☒ ☒	☒ ☒
Dairy	☒	☒	☒	☒	☒
Meat or alternative	☒ ☐	☒ ☒	☒ ☐	☒ ☒	☒ ☒
Weekly serves	Red meat ☒ ☒	White meat ☐	☒ ☒	☒ ☒	Vegetarian ☒ ☐

WEEKLY MENU

WEEK 4

BREAKFAST		<ul style="list-style-type: none"> Choose from: Weetbix, wholemeal toast, fresh fruit (apples, oranges, pears, bananas), yogurt Served with milk and water 				
Monday- Friday						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
MORNING TEA	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Sweetcorn Piklets Wholemeal and white flour, nuttelex, eggs, rice milk, non-diary yoghurt, sweetcorn.	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Hummus dip and rice crackers, cheese and vegetable sticks	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Vanilla Yoghurt and berries	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Rice cakes with a variety of toppings Vegemite, cottage cheese, tomato, salmon	Fruit platter Apples, oranges, watermelon, pear and seasonal fruits Fruit Bread/ Fruit Bread pudding Eggs, oat milk, oats, sultana/apple, cinnamon	
LUNCH	Mixed sandwiches Wholemeal bread, Nuttelex, egg, ham, chicken, cheese, lettuce, tomato, cucumber.	Sweet chicken curry and brown rice Chicken breast, potatoes, carrot, celery, peas, beans, sultanas, coconut, plain dairy free yoghurt	Vegetable stir fry with crispy and soft noodles Tofu, eggs, carrot, celery, onion, baby corn, noodles	Greek lamb with couscous, tossed salad and natural yoghurt Lamb strips, lettuce, tomato, cucumber, parsley, mint, spices.	Crumbed Fish with potato and tossed salads Which fish fillets, breadcrumbs, potato with capsicum, celery, onion, parsley, plain yoghurt, mayonnaise, lettuce, tomato, cucumber.	
AFTERNOON TEA	Vegetable and lentil/beef bites with homemade tomato sauce Beef mince/lentils, pumpkin, potato, carrot, tomatoes, breadcrumbs, onion and olive oil.	Butter scones or muesli slice Wholemeal and white flour, nuttelex, baking powder, water, weetbix, oats, sultanas, bran, dried pear, apple, figs, honey, coconut oil, coconut, pumpkin seeds, cranberries	Mixed toasties or sunflower oatmeal slice Wholemeal bread, cheese, ham, chicken, oats, eggs, nuttelex, rice flour, wholemeal flour, cornflour, rice milk, bicarb, baking powder, vanilla essence, coconut oil, honey, cocoa powder	Pineapple and Chia slice Wholemeal flour, eggs, soy milk, vegetable oil, pineapple, apple sauce, chia seeds	Birthday cake Nuttelex, brown sugar, eggs, white flour, cornflour, rice milk, bicarb, baking powder, vanilla essence, non diary yoghurt, coconut oil, sprinkles	

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Recommended serves per day:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Fruit	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Vegetable	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>
Bread and cereal	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>
Dairy	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Meat or alternative	<input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>	<input checked="" type="checkbox"/> <input type="checkbox"/>
Weekly serves	Red meat <input checked="" type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/>	White meat <input checked="" type="checkbox"/> <input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	Vegetarian <input checked="" type="checkbox"/> <input type="checkbox"/>