

# TROPICS

## EARLY LEARNING

# WEEKLY MENU

### WEEK 1

| BREAKFAST      |   | <ul style="list-style-type: none"> <li>Choose from: Weetbix, wholemeal toast, fresh fruit (apples, oranges, pears, bananas), yogurt</li> <li>Served with milk and water</li> </ul> |   |   |  |
|----------------|---|--|---|---|--|
| Monday- Friday |   |  |   |   |  |
|                | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
| MORNING TEA    | <b>Fruit platter</b><br>3 seasonal fruits.<br><br><b>Hummus dips with fresh veg sticks /Boiled eggs, cheddar cheese sticks, crackers.</b> | Fruit platter,<br>3 seasonal fruits.<br><br><b>Buttered fruit bread.</b>   | Fruit platter, 3 seasonal fruits<br><br><b>Honey Pancakes.</b>                            | Fruit platter 3 seasonal fruits<br><br><b>Vanilla Yogurt &amp; Berries.</b>   | Fruit platter 3 seasonal fruits.<br><br><b>Cheese swirls.</b><br>Puff pastry, vegemite, cheese.      |
| LUNCH          | <b>Italian Rissoto &amp; steamed vegetables.</b><br>Rissoni pasta, mushrooms, onion, garlic, olive oil. Seasonal vegetables.              | <b>Baked fish in creamy curry sauce &amp; Basmati Rice.</b><br>Bassa fillets, sweet potato, celery onion rice milk.  | <b>Lamb casserole &amp; corn cobs/ potato mash.</b><br>Lamb carrot, pumpkin, peas, onion. | <b>Chicken Noodles &amp; garlic bread.</b><br>Diced Chicken, boc choy, cauliflower, cabbage, broccoli, capsicum, water chestnut. Egg /rice noodles. | <b>Braised beef &amp; Brown rice. Beef.</b><br>Beef, onion, garlic, potatoes, carrot, celery, beans. |
| AFTERNOON TEA  | <b>Oaty slice with yoghurt top.</b><br>Oats, coconut, wholemeal flour, oat milk, fruit juice, coconut oil.                                | <b>Ham and Cheese toasties.</b><br>Wholemeal bread, Nuttlex. Cheddar cheese, ham,<br><br>Orange quarters   | <b>Salad Platters</b><br>Cherry tomatoes, cucumber, lettuce.<br><br>Buttered Corn cakes   | <b>Apple cake</b><br>Flour, Nuttlex, Apples, rice/oat milk, fruit juice, vanilla essence.<br><br>Seaweed rice crackers.                             | <b>Banana muffins/cake.</b><br><br>Flour, Nuttlex, bananas, milk, 100's 1000s'                       |

|                                |   |
|--------------------------------|---|
| <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. |
| <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                           |
| <b>N.B.</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 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 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"/> |   |   |

# TROPICS

## EARLY LEARNING

# WEEKLY MENU

### WEEK 2

| BREAKFAST      |   | <ul style="list-style-type: none"> <li>Choose from: Weetbix, wholemeal toast, fresh fruit (apples, oranges, pears, bananas), yogurt</li> <li>Served with milk and water</li> </ul> |  |  |  |
|----------------|---|--|--|--|--|
| Monday- Friday |   |  |  |  |  |
|                | MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   |
| MORNING TEA    | <b>Fruit Platters</b><br>3 seasonal fruits<br><br><b>Pizza swirls.</b><br>Puff pastry, tomato paste, cheese, herbs. | <b>Fruit Platters</b><br>3 seasonal fruits.<br><br><b>Buttered Raisin toast</b>  | <b>Fruit Platters</b><br>3 seasonal fruits.<br><br><b>Pancakes</b><br>Flour, oat/rice milk, brown sugar,               | <b>Fruit Platters</b><br>3 seasonal fruits.<br><br><b>Yoghurt &amp; berries</b>                                  | <b>Fruit Platters</b><br>3 seasonal fruits.<br><br><b>Hummus, vege sticks, cheese and rice crackers.</b><br>Chickpeas, olive oil, garlic, herbs, lemon.<br>Carrot, celery, cucumber. |
| LUNCH          | <b>Lamb Korma with Basmati rice</b><br><b>Lamb, mixed veges, onion, coconut milk, Korma paste.</b>                  | <b>Maccaroni Cheese &amp; Vegetables.</b><br>Oat/rice milk, onion, flour, Nuttlex, olive oil.<br>Steamed seasonal vegetables.  | <b>Chicken corn casserole &amp; white rice .</b><br>Chicken, creamed corn, celery, onion, carrot, potato.              | <b>Crumb fish &amp; Vegaroni pasta.</b>  | <b>Italian meatballs &amp; Cous Cous</b><br>Beef mince, breadcrumbs, tomato passata, onion, garlic, herbs, olive oil.  |
| AFTERNOON TEA  | <b>Vanilla Cake</b><br>Wholemeal flour, Nuttlex, oat/rice milk, flavouring honey/brown sugar.                       | <b>Ham and Cheese toasties.</b><br>Wholemeal bread, cheddar cheese, ham, Nuttlex.<br><b>Seasonal fruit.</b>  | <b>Apple muffins/cake</b><br>Flour, Nuttlex, Apples, rice/oat milk, fruit juice, cinnamon.<br><br><b>Orange wedges</b> | <b>Muesli Bar</b><br>Weetbix, wholemeal flour cranberries, coconut, sunflower seeds, sunflower oil, fruit juice. | <b>Chocolate slice.</b><br>Flour, Black beans, cocoa, coconut oil, brown sugar, Nuttlex.   |

|                                |   |
|--------------------------------|---|
| <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. |
| <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                           |
| <b>N.B.</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 checked="" 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"/> |   |   |

# TROPICS

## EARLY LEARNING

# WEEKLY MENU

### WEEK 3

| BREAKFAST      |  | <ul style="list-style-type: none"> <li>Choose from: Weetbix, wholemeal toast, fresh fruit (apples, oranges, pears, bananas), yogurt</li> <li>Served with milk and water</li> </ul> |  |   |  |
|----------------|--|--|--|---|--|
| Monday- Friday |  |  |  |   |  |
|                | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY   |
| MORNING TEA    | <b>Fruit Platters</b><br>3 seasonal fruits<br><br><b>Buttered rice cakes with chicken.</b>   | <b>Fruit Platters</b><br>3 seasonal fruits<br><br><b>Yoghurt and Berries</b><br><i>Bubs &amp; Toddies rice porridge</i>  | <b>Fruit Platters</b><br>3 seasonal fruits<br><br><b>Cheese Platter</b><br>Cheddar cheese, bocconcini cheese, boiled eggs, cucumber, cheesy bread sticks.                            | <b>Fruit Platters</b><br>3 seasonal fruits<br><br><b>Toasted Fruit Bread</b>  | <b>Fruit Platters</b><br>3 seasonal fruits<br><br><b>Potato Pancakes</b><br>Potato, onion, olive oil, flour, rice milk, grated cheese. |
| LUNCH          | <b>Tuna Pasta Bake &amp; steamed veg.</b><br>Tuna, Vegaroni pasta, onion, olive oil, tomato/curry powder/ herbs, milk, cornflour. Carrot, cauliflower, broccoli, zucchini. | <b>Beef Stroganoff with cous cous</b><br>Beef strips, mushrooms, onions, vege oil, beans.  | <b>Tofu Chow Mein noodles &amp; brown rice.</b><br>Tofu, onion, cabbage, celery, carrot, choy sum, cauliflower, broccoli, capsicum corn. Sesame oil, soy sauce. Rice or egg noodles. | <b>Irish Lamb Stew &amp; Pasta</b><br>Lamb, potato, pumpkin, swede, parsnip, turnip, carrots, peas.                               | <b>Crumbed Chicken &amp; Fried rice.</b><br>Carrots, zucchini, spinach, corn, onion, garlic, tomato.                                   |
| AFTERNOON TEA  | <b>Apple cinnamon cake.</b><br>Apples, rice milk, flour, Nuttlex, brown sugar,<br><br><b>Seaweed crackers</b>  | <b>Lentil Rolls with homemade tomato sauce.</b><br>Puff pastry, onion, parsley, carrot, breadcrumbs. Tomatoes, herbs, olive oil.<br><br><b>Orange wedges.</b>                      | <b>Cheese scones.</b><br>Wholemeal flour, Nuttlex, rice milk, tomato, cheese.<br><br><b>Melon chunks.</b>  | <b>Hummus /dips and crackers.</b><br>Chickpeas, lemon juice. / Plain yoghurt, grated cucumber/ baked vegetables and cream cheese. | <b>Vanilla Cake</b><br>Flour, Nuttlex, milk, vanilla essence, brown sugar/fruit juice. Cream cheese, icing sugar, sprinkles.           |

|                                |   |
|--------------------------------|---|
| <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. |
| <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                           |
| <b>N.B.</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 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 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"/> | <input checked="" type="checkbox"/> <input checked="" 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"/> |   |   |

# TROPICS

## EARLY LEARNING

# WEEKLY MENU

### WEEK 4

| BREAKFAST      |   | <ul style="list-style-type: none"> <li>Choose from: Weetbix, wholemeal toast, fresh fruit (apples, oranges, pears, bananas), yogurt</li> <li>Served with milk and water</li> </ul> |   |  |  |
|----------------|---|--|---|--|--|
| Monday- Friday |   |  |   |  |  |
|                | MONDAY  | TUESDAY  | WEDNESDAY   | THURSDAY   | FRIDAY   |
| MORNING TEA    | <b>Fruit Platters</b><br>3 seasonal fruits<br><br><b>Sweet corn pancakes.</b>   | <b>Fruit Platters</b><br>3 seasonal fruits<br><br><b>Fruit Bread</b>   | <b>Fruit Platters</b><br>3 seasonal fruits<br><br><b>Sandwiches</b><br>Egg<br>Cream cheese and Turkey.<br>Salmon.   | <b>Fruit Platters</b><br>3 seasonal fruits<br><br><b>Yogurt and Berries</b>  | <b>Fruit Platters</b><br>3 seasonal fruits<br><br><b>Banana cake</b>   |
| LUNCH          | <b>Greek Lamb with Couscous</b><br>Lamb strips, pumpkin, potato, onion, tomato, onion, garlic paprika, zucchini, capsicum, rosemary, oregano, bay leaf. | <b>Fish in Lemon Butter Sauce &amp; white rice.</b><br>Grilled Bassa fillets, butter, onion, flour, rice milk, lemon, parsley.   | <b>Maccaroni Cheese &amp; steamed veg.</b><br>Pasta, cheddar cheese, oat/rice milk, flour, olive oil, spring onion. | <b>Beef Curry &amp; Basmati.</b><br>Beef mince, sweet potato, celery, carrot, peas, coconut oil, garlic, onion curry powder, corn flour. | <b>Thai Chicken vegetables &amp; vermicelli.</b><br>Chicken, boc choy, choy sum, broccoli, cauliflower, snake beans, water, onion, garlic, lemongrass, sweet thai sauce. |
| AFTERNOON TEA  | <b>Pineapple Chia slice.</b><br>Oats/Weetabix, flour, oat/rice milk, pineapple, Nuttlex apple sauce, chia seeds.<br><br><b>Rice crackers.</b>           | <b>Apple cinnamon muffins.</b><br>Wholemeal flour, Nuttlex, apple sauce, cinnamon, nutmeg, brown sugar.<br><b>Wheat Crackers</b>   | <b>Pizza rollies</b><br>Puff pastry, tomato, cheese, bacon pieces.<br><b>Melon chunks or grapes.</b>                | <b>Lemon coconut slice.</b><br>Flour, coconut, coconut milk, brown sugar, lemon essence.<br><b>Rice crackers</b>                         | <b>Ham and Cheese Toasties</b><br><br><b>Orange wedges/grapes.</b>   |

|                                |   |
|--------------------------------|---|
| <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. |
| <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                           |
| <b>N.B.</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 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 checked="" type="checkbox"/> | <input checked="" type="checkbox"/> <input type="checkbox"/>            | <input checked="" type="checkbox"/> <input checked="" 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 checked="" type="checkbox"/> | Vegetarian <input checked="" type="checkbox"/> <input type="checkbox"/> |   |   |