



# WEEK ONE MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST**

Choice of Wholegrain Cereals, Dried Fruit and Flake Mix, Wholemeal Toast with Spreads. Served with Milk and Water

Seasonal Fresh Fruit and Vegetables

**MORNING TEA**

Raisin Bread & Assorted Spreads

Pikelets with Strawberry Coulie and Cream

Vanilla Protein Porridge

Rice Cakes & Assorted Spreads

Tomato & Cheese on English Muffins

**LUNCH**

Beef & Tomato Lasagna with Garlic Bread

Indian Dal served with Turmeric Garlic Rice

Beef & Broccoli Noodle Stir Fry

Lamb & Black Bean Tacos served with Sour Cream and Cheese

Chicken, Tomato & Mushroom Cheese-y Flat bread

Spinach & Feta Lasagna with Garlic Bread

Tofu & Broccoli Noodle Stir Fry

Kidney & Black Bean Tacos served with Sour Cream and Cheese

Capsicum, Tomato & Mushroom Cheese-y Flat bread

Seasonal Fresh Fruit and Vegetables

**AFTERNOON TEA**

Apricot & Flaxseed Oat Slice

Date Loaf

Finger Sandwiches & Crackers & Cheese

Cheese & Vegemite Scrolls

Banana Muffins

**LATE SNACK**

Choice of Wholegrain Crackers & Cheese, Fresh Vegetables and Fruit. Served with Water

Drinking Water is accessible for children at all times through the day.

Food of appropriate texture for an infant's age and stage of development including puree, chopped finger foods etc.

Children with allergies, intolerances and cultural reasons are provided with individually tailored version of the regular or alternative menu.

Menu may change based on seasonal availability



# WEEK TWO MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST**

Choice of Wholegrain Cereals, Dried Fruit & Flake Mix, Wholemeal Toast with Spreads. Served with Milk & Water

Seasonal Fresh Fruit & Vegetables

**MORNING TEA**

Crispbreads & Assorted Spreads

Mixed Berry & Spinach Smoothie with Rice Cake

Ham & Cheese Tomato & Cheese English Muffins

Crunchy Muesli Yogurt Parfait

Raisin Toast & Assorted Spreads

**LUNCH**

Spiced Lamb & Chickpeas served with Cous Cous

Butter Chicken served with Rice & Capsicum Sticks

Beef Sliders & Roasted Potatoes

Beef & Mushroom Stroganoff with Butternut Squash Mash

Tuna, Tomato & Spinach Pasta Bake

Lentils & Chickpeas served with Cous Cous

Mixed Vegetable with Butter Sauce served with Rice & Capsicum Sticks

Veggie Patty Sliders & Roasted Potatoes

Mushroom Stroganoff with Butternut Squash Mash

Chickpea Tomato & Spinach Pasta Bake

Seasonal Fresh Fruit & Vegetables

**AFTERNOON TEA**

Spinach & Cheese Gozleme

Blueberry Muffins

Pear, Apple & Date Rice Pudding

Fig & Oat Slice

Veggie Dippers & Crackers with Hummus

**LATE SNACK**

Choice of Wholegrain Crackers & Cheese, Fresh Vegetables and Fruit. Served with Water

Drinking Water is accessible for children at all times through the day.

Food of appropriate texture for an infant's age and stage of development including puree, chopped finger foods etc.

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Menu may change based on seasonal availability



# WEEK THREE MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST**

Choice of Wholegrain Cereals, Dried Fruit & Flake Mix, Wholemeal Toast with Spreads. Served with Milk & Water

Seasonal Fresh Fruit & Vegetables

**MORNING TEA**

Crumpets with  
Apricot Jam

Strawberry & Muesli  
Sundae

Raisin Toast & Spreads

Sunbutter & Raspberry  
Oatmeal

Cheese-y Baked Beans  
Toast

**LUNCH**

Persian Green Beans &  
Rice with Lamb Mince

Lamb Kofta with  
Lebanese Bread &  
Yogurt Dip

Bacon & Tofu  
Fried Rice

Paprika Roasted Fish  
with Caramelized  
Onions & Rice

Beef Cottage Pie

Persian Lentil & Green  
Bean Rice

Vegetable Kofta with  
Lebanese Bread &  
Yogurt Dip

Tofu Fried Rice

Paprika Roasted  
Cauliflower with  
Caramelized Onions  
& Rice

Vegetable Cottage Pie

Seasonal Fresh Fruit & Vegetables

**AFTERNOON TEA**

Blueberry Lemon Bread

Parmesan Corn on the  
Cob & Flat Bread

Potato Wedges with  
Sour Cream &  
Sweet Chili Sauce

Carrot & Raisin Loaf

Crackers & Cheese

**LATE SNACK**

Choice of Wholegrain Crackers & Cheese, Fresh Vegetables and Fruit. Served with Water

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Food of appropriate texture for an infant's age and stage of development including puree, chopped finger foods etc.

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Menu may change based on seasonal availability



# WEEK FOUR MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**BREAKFAST**

Choice of Wholegrain Cereals, Dried Fruit and Flake Mix, Wholemeal Toast with Spreads. Served with Milk and Water

**MORNING TEA**

Wholemeal Toast & Assorted Spreads

Cheese & Tomato Toasties

Crunchy Muesli Yogurt Parfait

Raisin Toast & Assorted Spreads

Tropical Mango, Pineapple, Coconut & Kale Smoothies with Rice Cakes

Seasonal Fresh Fruit and Vegetables

**LUNCH**

Kale & Basil Pesto Chicken with Orzo Pasta

Beef and Beans Burrito Bowls

Mongolian Beef Stir Fry with Rice

Garlic, Lemon & Oregano Lamb with Cous Cous

Ham & Cheese Toasties with Gazpacho

Kale & Basil Pesto Tofu with Orzo Pasta

Cauliflower and Beans Burrito Bowls

Mongolian Tofu Stir Fry with Rice

Garlic, Lemon & Oregano Chickpeas with Cous Cous

Tomato & Cheese Toasties with Gazpacho

Seasonal Fresh Fruit and Vegetables

**AFTERNOON TEA**

Pizza Scrolls

Apple & Cinnamon Pancake Slice

Chive & Cheese Scones & Assorted Spreads

Zucchini & Cocoa Loaf

Veggie Dippers, Crackers & Avocado

**LATE SNACK**

Choice of Wholegrain Crackers & Cheese, Fresh Vegetables and Fruit. Served with Water

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Menu may change based on seasonal availability