

This week's MENU

Healthy Body Healthy Mind!

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Alternative for Vegan/Vegetarian
Morning Tea	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Same as menu
Nursery (under 12 Months)	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear
Lunch	Fish with Tomato rice tempura fish, rice, crushed tomato, herbs. Water & Milk	Curried Beef mince with Rice lean beef mince, carrots, capsicum, crushed tomato, garlic, onion, curry powder. Water & Milk	Chickpea & Lentil Pasta Onion, garlic, chickpeas, lentils, herbs, Napoli sauce, wholemeal pasta. Water & Milk	Beef burgers Beef rissole, lettuce, tomato, cheese, sauce, wholemeal bread Roll. Water & Milk	Ham & Chicken Salad Sandwiches wholemeal bread, sliced ham, roasted chicken, cheese, lettuce & tomato. Water & Milk	Same as menu but omitting meat, dairy by using vegan/Vegetarian friendly food alternative
Nursery (under 12 Months)	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above
Afternoon Tea & After School Care	Sao's with Vegemite Banana Bread Water	Carrot Cake Water	Trail Mix Sultanas, dried apricots, dates, popcorn & pretzels Water	Zucchini Muffins Water	Crackers, Cheese & Fruit Platters Cheese, rice crackers, sliced apple, dried Apricots, dates and Sultanas & Water	<ul style="list-style-type: none"> Dairy/Egg Free muffins Fresh Sliced Fruit alternative Vegan Cheese
Nursery (under 12 Months)	A selection of yoghurt, fruit puree, banana mash & above + Water	A selection of yoghurt, fruit puree, banana mash & above Water	A selection of yoghurt, fruit puree, banana mash & above + Water	A selection of yoghurt, fruit puree, banana mash & above + Water	A selection of yoghurt, fruit puree, banana mash & above + Water	A selection of yoghurt, fruit puree, banana mash & above

Feel free to speak with us at any time about special dietary requirements for your child



This week's MENU

Healthy Body Healthy Mind!

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Alternative for Vegan/Vegetarian
Morning Tea	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Same as menu
Nursery (under 12 Months)	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear
Lunch	Beef Meatballs with fried rice Beef meatballs, rice, onion, garlic, green peas, sweet corn, soy sauce, ginger Water & Milk	Fish Wraps Tempura fish, wholemeal tortilla wraps, lettuce, carrot, cheese, sour cream & tomato Salsa Water & Milk	Pasta Bolognaise Lean mince, onion, garlic, herbs, mixed vegetables, Napoli sauce wholemeal pasta Water & Milk	Ham & Chicken Salad Sandwiches Wholemeal bread, sliced ham, roasted chicken, cheese, lettuce & tomato. Water & Milk	Black Bean & Corn Tortillas Black beans, sweet corn, tomato salsa, guacamole, cheese, lettuce, rice, wholemeal tortilla wrap Water & Milk	Same as menu but omitting meat, dairy by using vegan/Vegetarian friendly food
Nursery (under 12 Months)	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above
Afternoon Tea & After School Care	Trail Mix Sultanas, dried apricots, dates, pop corn & pretzels Water	Berry-Coconut Muffins Water	Crackers, Cheese & Fruit Platters Cheese, rice crackers, sliced apple, dried Apricots, dates and Sultanas Water	Pikelets With assorted spreads Water	Date Scones With butter and jam Water	<ul style="list-style-type: none"> Dairy/Egg Free muffins Fresh Sliced Fruit alternative Vegan Cheese
Nursery (under 12 Months)	A selection of yoghurt, fruit puree, banana mash & above Water	A selection of yoghurt, fruit puree, banana mash & above Water	A selection of yoghurt, fruit puree, banana mash & above Water	A selection of yoghurt, fruit puree, banana mash & above Water	A selection of yoghurt, fruit puree, banana mash & above Water	A selection of yoghurt, fruit puree, banana mash & above

Feel free to speak with us at any time about special dietary requirements for your child



This week's MENU

Healthy Body Healthy Mind!

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Alternative for Vegan/Vegetarian
Morning Tea	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Fruit and Veg Platter with fresh seasonal fruit, carrot and celery sticks Water & Milk	Same as menu
Nursery (under 12 Months)	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear & Yoghurt Water	Seasonal Soft Fruits - Freshly steamed fruit or puree – apple & pear
Lunch	Beef burgers Beef rissole, lettuce, tomato, cheese, sauce, wholemeal bread Roll Water & Milk	Beef Stir Fry Lean beef mince, carrots, beans, broccoli, celery, garlic, bbq sauce, soy sauce, sesame oil, hokkien noodles. Water & Milk	Vegetarian Summer Pasta Wholemeal pasta, capsicum, sweet corn, carrots, beans, peas, olive oil, cheese Water & Milk	Fish with Tomato rice tempura fish, rice, crushed tomato, herbs. Water & Milk	Ham & Chicken Salad Sandwiches Wholemeal bread, sliced ham, roasted chicken, cheese, lettuce & tomato. Water & Milk	Same as menu but omitting meat, dairy by using vegan/Vegetarian friendly food when required
Nursery (under 12 Months)	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above Water	Seasonal Vegetable Puree using a variety of potato, carrot, broccoli, zucchini, pumpkin & above
Afternoon Tea & After School Care	Crackers, Cheese & Fruit Platters Cheese, rice crackers, sliced apple, dried Apricots, dates and Sultanas & Water	Brown Rice Cakes served with sliced cheese and vegemite & water	Apple-Cinnamon Muffins Self raising flour, spices, Apple puree, eggs, milk, vanilla essence & Water	Date Loaf Cake Self raising flour, spices, dates, eggs, milk, vanilla essence & Water	Trail Mix Sultanas, dried apricots, dates, pop corn & pretzels & Water	<ul style="list-style-type: none"> Dairy/Egg Free muffins Fresh Sliced Fruit alternative Vegan Cheese
Nursery (under 12 Months)	A selection of yoghurt, fruit puree, banana mash & above + Water	A selection of yoghurt, fruit puree, banana mash & above + Water	A selection of yoghurt, fruit puree, banana mash & above + Water	A selection of yoghurt, fruit puree, banana mash & above + Water	A selection of yoghurt, fruit puree, banana mash & above + Water	A selection of yoghurt, fruit puree, banana mash & above

Feel free to speak with us at any time about special dietary requirements for your child

