

Children's Menu Summer 2021-22



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet Bix, Oats) or wholemeal toast with spreads. Milk and Dairy free options				
Morning Tea Served with milk and tap water	Seasonal Fresh fruit A min. of 4 fruit varieties will be served every day and a min. of 5 fruit varieties will be served across the week				
Lunch Served with tap water	Fragrant chicken curry with couscous	Vegetarian fried rice	Pumpkin and fish pasta	Mexican style beef served with wholemeal tortillas	Shepperd's pie and steamed vegetables
Vegetarian option	Fragrant vegetable and red lentil curry	As above	Pumpkin and cannellini beans pasta	Mexican style mixed beans with wholemeal tortillas	Vegetable pie
Afternoon Tea Served with milk and tap water	Healthy granola bars	Pumpkin scones	Banana bread	Stewed fruit and yoghurt	Veggie dippers, rice cakes and dip
Late snack	Rice crackers, apple slices and cheese				

All meals are served with tap water or milk. Water is freely available throughout the day. A variety of fresh pureed vegetables and fruits are offered to babies. Foods are an appropriate texture for infants age. E.g. mashed, lumpy, chopped, finger foods. Children with allergies or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet Bix, Oats) or wholemeal toast with spreads. Milk and Dairy free options				
Morning Tea Served with milk and tap water	Seasonal Fresh fruit A min. of 4 fruit varieties will be served every day and a min. of 5 fruit varieties will be served across the week				
Lunch Served with tap water	Baked fish fillets with rice and steamed vegetables	Traditional Bolognese pasta	Asian style chicken stir-fry with noodles	Persian lamb pilaf	Chana masala (chickpea curry) with couscous
Vegetarian option	Vegetarian patties with rice and steamed vegetables	Lentil Bolognese pasta	Asian style tofu stir fry with noodles	Persian chickpea pilaf	As above
Afternoon Tea Served with milk and tap water	Chia pudding with fruit compote	Vegetable and cheese platter with crackers	Fruit loaf and cream cheese	Apple and cinnamon muffins	Lemon and date slice
Late snack	Rice crackers, apple slices and cheese				

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet Bix, Oats) or wholemeal toast with spreads. Milk and Dairy free options				
Morning Tea Served with milk and tap water	Seasonal Fresh fruit A min. of 4 fruit varieties will be served every day and a min. of 5 fruit varieties will be served across the week				
Lunch Served with tap water	Beef stroganoff with pasta	Chicken and quinoa salad	Tuna and tomato bake	Spring pasta with zesty dressing	Lamb moussaka and brown rice
Vegetarian option	Mushroom stroganoff with pasta	Chickpea and quinoa salad	Lentil and tomato bake	As above	Vegetable moussaka and brown rice
Afternoon Tea Served with milk and tap water	Stewed fruit and yoghurt	Veggie dippers, rice cakes and dip	Pumpkin scones	Banana bread	Healthy granola bars
Late snack	Rice crackers, apple slices and cheese				

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet Bix, Oats) or wholemeal toast with spreads. Milk and Dairy free options				
Morning Tea Served with milk and tap water	Seasonal Fresh fruit A min. of 4 fruit varieties will be served every day and a min. of 5 fruit varieties will be served across the week				
Lunch Served with tap water	Rainbow vegetable risotto	Lamb and prune casserole with cheesy polenta	Chinese beef with ginger served with flat noodles	Chicken pesto pasta	Tuna, avocado and quinoa salad
Vegetarian option	As above	Beans and prunes casserole	Chinese tofu with ginger	Pea pesto pasta	Chickpea, avocado and quinoa salad
Afternoon Tea Served with milk and tap water	Veggie sticks with cheese and dip	Fruit loaf and cream cheese	Lemon and date slice	Chia pudding with fruit compote	Apple and cinnamon muffins
Late snack	Rice crackers, apple slices and cheese				

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