

Autumn- Winter Menu



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet-bix, cornflakes) or wholemeal toast w/ spreads. Milk and Dairy Free options				
Morning Tea Served with milk and tap water	Fresh seasonal fruit A minimum of 4 fruit varieties will be served every day and a minimum of 5 fruit varieties will be served across the week				
Lunch Served with tap water	Thai chicken curry	Minestrone soup	Chilli con carne	Tuna mornay	Savoury lamb mince with veggies
Vegetarian option	Thai tofu curry	As above	Chilli con beans	Vegetable mornay	Savoury lentils with veggies
Afternoon Tea Served with milk and tap water	Savoury muffins	Cheese and vegetable frittata	Veggie sticks with pita and dip	Bircher muesli	Banana bread with yoghurt
Late Snack	Rice crackers, apple slices and cheese				

All meals are served with water and milk. Water is freely available throughout the day. A variety of fresh pureed vegetable are offered to babies. Foods are an appropriate texture for infants age. E.g. mashed, lumpy, chopped, finger foods. Children with allergies and 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, cornflakes) or wholemeal toast w/ spreads. Milk and Dairy Free options				
Morning Tea Served with milk and tap water	Fresh seasonal fruit A minimum of 4 fruit varieties will be served every day and a minimum of 5 fruit varieties will be served across the week				
Lunch Served with tap water	Bolognese pasta	Caldeirada de peixe (fish stew)	Fragrant dhal with basmati rice	Slow cooked beef & steamed veggies	Chicken and mushroom risotto
Vegetarian option	Vegetarian bolognese pasta	Canellini bean stew	As above	Tender mushrooms and greens	Chickpea and green peas risotto
Afternoon Tea Served with milk and tap water	Beans and corn quesadillas	Pear and rhubarb loaf	Zucchini and sweet potato slice	Fruit smoothie and rice cakes	Apricot and coconut bars
Late Snack	Rice crackers, apple slices and cheese				

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet-bix, cornflakes) or wholemeal toast w/ spreads. Milk and Dairy Free options				
Morning Tea Served with milk and tap water	Fresh seasonal fruit A minimum of 4 fruit varieties will be served every day and a minimum of 5 fruit varieties will be served across the week				
Lunch Served with tap water	Lamb tagine with couscous	Chicken cacciatore with veggies	Fish chowder with homemade bread	Vegetarian chickpea casserole	Cottage pie with salad
Vegetarian option	Pulse tagine with couscous	Vegetarian cacciatore with veggies	Corn chowder with homemade bread	As above	Lentil pie with salad
Afternoon Tea Served with milk and tap water	Bircher muesli	Savoury muffins	Banana bread with yoghurt	Cheese and vegetable frittata	Veggie sticks with pita and dip
Late Snack	Rice crackers, apple slices and cheese				

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet-bix, cornflakes) or wholemeal toast w/ spreads. Milk and Dairy Free options				
Morning Tea Served with milk and tap water	Fresh seasonal fruit A minimum of 4 fruit varieties will be served every day and a minimum of 5 fruit varieties will be served across the week				
Lunch Served with tap water	Pumpkin soup with focaccia	Cheesy chicken and broccoli bake	Lamb Irish stew	Beef stir fry with noodles	Tuna and corn patties
Vegetarian option	As above	Cheesy broccoli bake	Legume irish stew	Tofu stir fry with noodles	Chickpea and corn patties
Afternoon Tea Served with milk and tap water	Apricot and coconut bars	Capsicum and parmesan slice	Fruit smoothie and rice cakes	Apple and sultana loaf	Sweet potato and bean quesadillas
Late Snack	Rice crackers, apple slices and cheese				

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