

Spring - Summer Menu 2022-2023



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet-bix) or homemade toast with spreads. Milk and Dairy free options				
Morning Tea Served with milk and tap water	Seasonal Fresh 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	Mongolian beef stir-fry with noodles	Moroccan chickpea pilaf	Pumpkin and fish pasta	Thai lemongrass chicken with rice	Shepperd's pie with focaccia
Vegetarian option	Mongolian lentil stir-fry with noodles	As above	Pumpkin and cannellini beans pasta	Thai lemongrass beans with rice	Vegetable pie
Afternoon Tea Served with milk and tap water	Vegetarian pizza	Stewed fruit with Greek yogurt	Banana bread	Granola bars	Veggie dippers, rice cakes and dip
Late snack	Rice cakes, 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) or homemade toast with spreads. Milk and Dairy free options				
Morning Tea Served with milk and tap water	Seasonal Fresh 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	Marinara fusilli pasta with tuna	Chicken and quinoa salad	Savoury lamb mince with rice	Bolognese pasta	Chana masala (chickpea curry) with couscous
Vegetarian option	Marinara fusilli pasta with fava beans	Chickpea and quinoa salad	Savoury lentils with rice	Vegetable Bolognese pasta	As above
Afternoon Tea Served with milk and tap water	Apple and cinnamon loaf	Orange and chia cake	Zucchini and feta slice	Fruity crumble with yogurt	Savoury muffins
Late snack	Rice cakes, apple slices and cheese				

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet-bix) or homemade toast with spreads. Milk and Dairy free options				
Morning Tea Served with milk and tap water	Seasonal Fresh 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	Vegetarian fried rice	Beef stroganoff with pasta	Roast chicken with noodle salad	Lamb and prune casserole with bread	Tuna risotto
Vegetarian option	As above	Mushroom stroganoff with pasta	Roast chickpea and noodle salad	Black bean and prune casserole with bread	Pumpkin and pea risotto
Afternoon Tea Served with milk and tap water	Granola bars	Banana bread	Stewed fruit with yogurt	Veggie dippers, pita and dip	Vegetarian pizza
Late snack	Rice cakes, 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 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	Pesto pasta with chicken	Lemony lamb tabbouleh	Mexican beef picadillo with rice	Baked fish with polenta and veggies	Mediterranean veggie pasta
Vegetarian option	Pesto pasta with cannellini beans	Lemony legume tabbouleh	Mexican kidney bean picadillo with rice	Baked falafel with polenta and veggies	As above
Afternoon Tea Served with milk and tap water	Fruity crumble and yogurt	Zucchini and feta slice	Orange and chia cake	Savoury muffins	Apple and cinnamon loaf
Late snack	Rice crackers, apple slices and cheese				

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