

WEEK 1

Autumn/Winter MENU

Breakfast is available from 6.30am-7.30am Toast- vegemite, cheese spread, jam, Raisin toast, Weetbix, rice bubbles, corn flakes			WATER is freely available throughout the day	
Monday	Tuesday	Wednesday	Thursday	Friday
Fruit, Veg, & Cheese Platter Apple Capsicum Oranges Cucumbers Cheese Hummus Turkish Bread	Toasted Sandwiches With fruit Bread Cheese Vegemite Ham Bananas Pineapple	Raisin Toast With fruit Pear Orange Bananas Watermelon Raisin Toast	Pancakes With fruit Wholemeal flour Milk Butter Blueberry Banana Strawberries Maple Syrup	Yogurt With fruit and muesli. Greek Yogurt Apple Banana Watermelon Oats Pumpkin Seeds
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Spaghetti Bolognese With garlic bread Beef mince, tinned tomato, passata, garlic, onion, carrot, zucchini, lentils, garlic bread.	Teriyaki Beef With rice and broccoli Mince, teriyaki sauce, rice, broccoli, spring onions, sesame seeds.	Veggie loaded Pasta Bake Served with oranges Lentils, passata, tinned tomatoes, carrot, zucchini, onions.	Beef Pie With vegetables Beef mince, peas, corn, garlic, zucchini, veggie stock, gravy, puff pastry.	Mini Pizzas With oranges Ham, tomato paste, corn kernels, capsicum, tomato, pineapple, cheese.
Water	Water	Water	Water	Water
Apple Crumble With yogurt. Apples Cinnamon Oats Maple Syrup Butter Yogurt	Fruit, Veg, Cheese, Cracker Platter Banana Pear Capsicum Carrot Apple Cheese Crackers	Corn Cakes Vegemite Cheese Tomato Cucumber Avocado Corn Thins	Yogurt With fruit and muesli. Greek Yogurt Apple Banana Watermelon Oats Pumpkin Seeds	Fruit, Veg, Cheese, Cracker Platter Banana Pear Cucumbers Celery Apple Cheese Crackers
Water & Milk	Water & Milk	Water & Milk	Water & Milk	Water & Milk
Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes
ALLERGIES -Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual dietary requirements. INFANTS - Each meal is prepared in an age-appropriate manner (mashed or cut into smaller sizes for appropriate age groups) Puree fruit, vegetables offered for children transitioning to the main menu. Fruit may change due to availability and seasonal.				

WEEK 2

Autumn/ Winter MENU

Breakfast is available from 6.30am-7.30am Toast- vegemite, cheese spread, jam, Raisin toast, Weetbix, rice bubbles, corn flakes			WATER is freely available throughout the day	
Monday	Tuesday	Wednesday	Thursday	Friday
Fruit, Veg, Cheese, Cracker Platter Banana Carrots Capsicum Pear Rockmelon Apple Cheese Crackers	Beans & Toast Baked beans Whole meal bread Oranges Bananas Apples	Yogurt With fruit and muesli. Greek Yogurt Apple Banana Watermelon Oats Pumpkin Seeds *Alternate milk for allergies soy or rice milk	Cheese & Ham Croissants With fruit Croissants Cheese Ham Rockmelon Pear Pineapple Sultanas	Fruit, Veg, Cheese, Cracker Platter Banana Carrot Capsicum Pear Rockmelon Apple Cheese Crackers
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Japanese Curry With rice Chicken, broccoli, peas, carrots, corn, rice, curry paste.	Beef Lasagna With tossed salad and garlic bread. Beef mince, onion, garlic, tinned tomatoes, passata, carrot, zucchini, bechamel sauce (flour, milk, butter, pasta, cheese, lettuce, tomato, cucumber	BBQ Meatballs With macaroni salad, corn cobs, corn bread. Beef mince, pasta, carrot, corn, spring onions, celery, mayo, polenta, bbq sauce.	Fish tacos With coleslaw and corn cobs Fish, tortillas, cabbage, carrot, mayo, corn cobs.	Mixed Sandwiches With oranges Wholemeal bread, chicken, lettuce, ham, tomato, cheese, mayo, vegemite.
Water	Water	Water	Water	Water
Mixed Sandwiches With oranges Oranges Cheese Vegemite Honey	Fruit, Veg, & Cheese Platter Apple Oranges Cucumbers Carrot Cheese Hummus Turkish Bread	Corn Cakes Vegemite Cheese Tomato Cucumber Avocado Corn Thins	Peach Cobbler With yogurt Peaches Yogurt Cinnamon Wholemeal flour Butter	Yogurt With fruit and muesli. Greek Yogurt Apple Banana Watermelon Oats Pumpkin Seeds
Water & Milk	Water & Milk	Water & Milk	Water & Milk	Water & Milk
Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes
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WEEK 3

Autumn/Winter MENU

Breakfast is available from 6.30am-7.30am Toast- vegemite, cheese spread, jam, Raisin toast, Weetbix, rice bubbles, corn flakes			WATER is freely available throughout the day	
Monday	Tuesday	Wednesday	Thursday	Friday
Fruit, Veg, Cheese, Cracker Platter Banana Celery Capsicum Pear Rockmelon Apple Cheese Crackers	Yogurt With fruit and muesli. Greek Yogurt Apple Banana Watermelon Oats Pumpkin Seeds *Alternate yoghurt for allergies Coconut yoghurt (cocobella)	Crumpets With fruit Crumpets Vegemite Cheese Bananas Oranges Pears Apples	Fruit, Veg, & Cheese Platter Apple Oranges Cucumbers Cheese Hummus Turkish Bread	Raisin bread With fruit Oranges Apples Pineapple Pears Raisin Toast
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Burritos Beef mince, kidney beans, taco seasoning, tortillas, lettuce, tomatoes, corn, cheese, avocado. *substitute dairy ingredients for allergies	Pulled BBQ Chicken with coleslaw and wholemeal buns Chicken breast, bbq sauce, cabbage, carrot, spring onions, celery, wholemeal buns.	Minestrone Soup & Mini Meatballs With wholemeal bread rolls Celery, carrot, zucchini, spinach,, vegetable stock, passata, garlic, kidney beans, tinned tomatoes, pasta,	Lamb Keema with rice and naan bread Lamb mince, curry powder, turmeric, onion, garlic, ginger, peas, corn, tinned tomatoes, beef stock, naan bread, rice, papadum, yogurt, cucumber. *Alternate yoghurt for allergies	Cajun Beef Pasta Beef mince, pasta, garlic, carrot, zucchini, capsicum, tomatoes, kidney beans, chicken stock, cheese
Water	Water	Water	Water	Water
Blueberry Zucchini Bread with fruit Blueberry Zucchini Wholemea flour Apple sauce Sugar Butter	Bliss Balls with fruit Dates Oats Coconut Cacao powder Watermelon Rice crackers	Corn Cakes Vegemite Cheese Tomato Cucumber Avocado Corn Thins	Yogurt With fruit. Greek Yogurt Apple Banana Watermelon	Fruit, Veg, Cheese, Cracker Platter Orange Watermelon Carrots Celery Cheese Rice crackers
Water & Milk	Water & Milk	Water & Milk	Water & Milk	Water & Milk
Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes
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WEEK 4

Autumn/ Winter MENU

Breakfast is available from 6.30am-7.30am Toast- cheese spread, jam, Raisin toast, Weetbix, rice bubbles, corn flakes			WATER is freely available throughout the day	
Monday	Tuesday	Wednesday	Thursday	Friday
Yogurt With fruit and muesli. Greek Yogurt Apple Banana Watermelon Oats Pumpkin Seeds	Beans & Toast Baked Beans Wholemeal Bread Oranges Bananas	Banana Bread With fruit Bananas Wholemeal flour Apple sauce Maple syrup Coconut oil Apples Oranges	Fruit, Veg, Cheese, Cracker Platter Orange Watermelon Carrots Celery Cheese Rice crackers	Pancakes & Fresh Fruit Wholemeal flour Milk Butter Blueberries Bananas Strawberries Maple Syrup
Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
Swedish Meatballs With green beans and pasta Beef mince, onion, beef stock, cream, green beans, pasta.	Taco Soup Beef mince, corn, capsicum, onion, red kidney beans, taco seasoning, vegetable stock, avocado, corn chips, cheese, tomatoes, garlic.	Tandoori Chicken With rice and naan bread Chicken breast, tandoori paste, naan bread, cucumbers. *substitute Greek yoghurt for allergies	Beef Chow Mein With rice Beef mince, carrot, shallots, garlic, soy sauce, capsicum, cabbage, rice.	Mixed Sandwiches Wholemeal bread, chicken, lettuce, ham, tomato, cheese, mayo, vegemite.
Water	Water	Water	Water	Water
Fruit, Veg, Cheese, Cracker Platter Orange Watermelon Carrots Celery Cheese Rice crackers	Baked Rice Rice Vanilla Milk Cinnamon Sugar Apples	Corn Cakes Vegemite Cheese Tomato Cucumber Avocado Corn Thins	Yogurt With fruit and muesli. Greek Yogurt Apple Banana Watermelon Oats Pumpkin Seeds	Fruit, Veg, Cheese, Cracker Platter Orange Watermelon Carrots Celery Cheese Rice crackers
Water & Milk	Water & Milk	Water & Milk	Water & Milk	Water & Milk
Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes	Late snack Fresh fruit and rice crackers or rice cakes

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INFANTS- Each meal is prepared in an age-appropriate manner (mashed or cut into smaller sizes for appropriate age groups) Puree fruit, vegetables offered for children transitioning to the main menu. **Fruit** may change due to availability and seasonal.