

Spring and Summer Menu 2022-2023 – WEEK 1

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|--|
| Breakfast Served with milk or water 6:30am - 8am | (Cereal, cornflakes, milk, and bread toast with spreads – gluten free and dairy free options available) | | | | |
| Morning Tea Served with water, milk or smoothie 9am – 10:15am | Fresh Seasonal fruit & vegetable platter | | | | |
| Lunch Served with tap water 11am-1pm (Ingredients) | Beef Chilli -Corn Carne served with rice (Beef, Tomatoes, Beans, Rice) Alternative protein for vegetarians: Mixed Beans | Spaghetti Marinara served with tuna (Tuna, Wheat Pasta, Tomato pasata) Alternative protein for vegetarians: TOFU | Lamb Goulash served with Mashed potato (Lamb, potato) Alternative protein for vegetarians: LENTILS | Creamy Butter Chicken served with wraps (Chicken, wheat flour) Alternative protein for vegetarians: CHICKPEAS | Moroccan chickpea Pilaf rice served with sour cream (Chickpeas, rice, dairy) Alternative protein for vegetarians: AS ABOVE |
| Afternoon Tea Served with milk or tap water 2:30pm-4pm | Stewed Fruit served with yoghurt | Sticky date pudding | Banana Bread | Chia seed pudding with fresh fruit | Date / Sultana scones (Wheat flour, dates) |
| | Fresh Fruit is served additional to all afternoon teas. | | | | |
| Late snack Served with tap water 4:30pm - 6pm | Sliced fruit, vegetable sticks, rice crackers | | | | |

Water is freely available throughout the day. Breast milk, infant formula and cooled boiled tap water are the only drinks provided to children until 12 months of age. Our Menu includes nutritious foods that contain iron each day. A variety of fresh pureed vegetables and fruits are offered to babies 4 to 6 months old. Age-appropriate solid foods are available for children from around 6 months old. Food allergies and intolerance are addressed according to the child's medical report and action plan. Other religious, cultural, and life-style food preferences are also considered.

Spring and Summer Menu 2022-2023 – WEEK 2

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|---|---|---|
| Breakfast Served with milk or water 6:30am - 8am | (Cereal, cornflakes, milk, and bread toast with spreads – dairy free options available) | | | | |
| Morning Tea Served with water, milk or smoothie 9am – 10:15am | Fresh Seasonal fruit & vegetable platter | | | | |
| Lunch Served with tap water 11am-1pm | Lamb Cacciatore Served with mashed potato | Beef Stew served with Couscous | Fish Curry served with rice | Vegetarian Paella | Chicken and corn soup served with home made bread |
| | Alternative protein for vegetarians: Mixed lentils | Alternative protein for vegetarians: BEANS | Alternative protein for vegetarians: TOFU | Alternative protein for vegetarians: As above | Alternative protein for vegetarians: Chickpea |
| Afternoon Tea Served with milk or tap water 2:30pm-4pm | Vanilla slab cake | Fruit muffins | Orange and chia seed cake | Fruit Salad Served with yoghurt | Mini veg pizza |
| | Fresh Fruit is served additional to all afternoon teas. | | | | |
| Late snack Served with tap water 4:30pm - 6pm | Sliced fruit, vegetable sticks, rice crackers | | | | |

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Spring and Summer Menu 2022-2023 – WEEK3

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|---|--|
| Breakfast Served with milk or water 6:30am - 8am | (Cereal, cornflakes, milk, and bread toast with spreads – dairy free options available) | | | | |
| Morning Tea Served with water, milk or smoothie 9am – 10:15am | Fresh Seasonal Fruit & Vegetable platter | | | | |
| Lunch Served with tap water 11am-1pm | Creamy Chicken Pesto Orecchiette pasta (Chicken, herbs from our garden, sunflower seeds & semolina) Alternative protein for vegetarians: Chickpea` | Lamb Ragu Served with Gnocchi (Lamb, potato & Tomatoes) Alternative protein for vegetarians: Lentils | Vegetarian Fried Rice (rice & seasonal vegetables) Alternative protein for vegetarians: Mix Beans | Baked fish with Polenta and veggies (Basa fish, wheat & seasonal vegetables) Alternative protein for vegetarians: Tofu | Asian Beef Noodle Soup (Rice noodles, beef & potato) Alternative protein for vegetarians: Lentils |
| Afternoon Tea Served with milk or tap water 2:30pm-4pm | Fresh Fruit salad served with yoghurt or homemade custard | Banana bread | Fruit and veg platter served with homemade dip | Cheese or Savoury Scones | Pink Apple & Strawberry Cobbler |
| | Fresh Fruit is served additional to all afternoon teas. | | | | |
| Late snack Served with tap water 4:30pm - 6pm | Sliced fruit, vegetable sticks, rice crackers | | | | |

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Spring and Summer Menu 2022-2023 – WEEK 4

| | Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|---|---|
| Breakfast Served with milk or water 6:30am - 8am | (Cereal, cornflakes, milk, and bread toast with spreads – dairy free options available) | | | | |
| Morning Tea Served with water, milk or smoothie 9am – 10:15am | Fresh Seasonal fruit & vegetable platter | | | | |
| Lunch Served with tap water 11am-1pm | Tuna & Vegetable Farfalle Pasta salad (Tuna, wheat flour & seasonal vegetables) | Chicken sausages with Vegetable & couscous (Chicken,, couscous & seasonal vegetables) | Vegetarian Nasi Goreng (Indonesian fried Rice) (Rice and seasonal vegetables, ketchup manis sauce) | Beef Stir Fry Noodle (Wheat noodles, beef and seasonal vegetables) | Lamb stew with sweet potato/ pumpkin mash (Lamb, seasonal vegetables inc potato and pumpkin) |
| | Alternative protein for vegetarians: TOFU | Alternative protein for vegetarians: Chickpea | Alternative protein for vegetarians: As Above | Alternative protein for vegetarians: Mix Beans | Alternative protein for vegetarians: Lentils |
| Afternoon Tea Served with milk or tap water 2:30pm-4pm | Mini vegetarian pizza | Nut free Granola bars | Strawberry and pink apple cobbler | Fruit and veg patter served with homemade dip | Stewed Fruit with yoghurt or home made custard |
| | Fresh Fruit is served additional to all afternoon teas. | | | | |
| Late snack Served with tap water 4:30pm - 6pm | Sliced fruit, vegetable sticks, rice crackers | | | | |

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