

## Waring Season Autumn & Winter Menu – WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Served with milk or water 6:30am - 8am	(Cereal, cornflakes, milk, and bread toast with spreads – gluten free and dairy free options available)				
<b>Morning Tea</b> Served with water, milk or smoothie 9am – 10:15am	Fresh Seasonal fruit & vegetable platter				
<b>Lunch</b> Served with tap water 11am-1pm	Beef Massaman Curry with rice (Beef, potato, tomatoes, carrot onion)	Cheesy Tuna Pasta Bake	Lamb Goulash with Mash Potato (Lamb, potato, carrot, tomatoes, onion)	Creamy Butter Chicken with wraps (Chicken, carrot, onion, garlic, coconut cream, wheat flour )	Moroccan chickpea pilaf rice (Rice, chickpeas, Moroccan spice mix, carrot, onion)
	Alternative protein for vegetarians: <b>Tofu</b>	Alternative protein for vegetarians: <b>Chickpeas</b>	Alternative protein for vegetarians: <b>LENTILS</b>	Alternative protein for vegetarians: <b>CHICKPEAS</b>	Alternative protein for vegetarians: <b>As above</b>
<b>Afternoon Tea</b> Served with milk or tap water 2:30pm-4pm	Pineapple Banana Loaf	Savoury Muffins	Apple cake	Cheese and Fruit platter	Date scones
	Fruit is available as 2 <sup>nd</sup> option.				
<b>Late snack</b> 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.



## Waring Season Autumn & Winter Menu – WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Served with milk or water 6:30am - 8am	(Cereal, cornflakes, milk, and bread toast with spreads – dairy free options available)				
<b>Morning Tea</b> Served with water, milk or smoothie 9am – 10:15am	Fresh Seasonal fruit & vegetable platter				
<b>Lunch</b> Served with tap water 11am-1pm	Nut free pesto pasta  (Spinach, peas & fresh basil)	Lamb cacciatore with mash potato  (Lamb, Potato, Carrot, capsicum, onion, garlic, olives)	Chicken Stir Fry with Vegetables & Rice  (Chicken, rice, carrot, peas, Chinese cabbage, capsicum, beans)	Beef Stew with noodles  (Beef, carrot, cauliflower, beans, peas & wheat noodles)	Baked barramundi with roasted root vegetables ( Barramundi, sweet potato, carrot, parsnip, cherry tomatoes)
	Alternative protein for vegetarians: <b>As above</b>	Alternative protein for vegetarians: <b>Lentils</b>	Alternative protein for vegetarians: <b>TOFU</b>	Alternative protein for vegetarians: <b>Beans</b>	Alternative protein for vegetarians: <b>Tofu</b>
<b>Afternoon Tea</b> Served with milk or tap water 2:30pm-4pm	Bolognese or vegetarian mini pizzas	Fruit Muffins	Carrot Cake	Savoury Scones	Raspberry Chia Seed Cake
	Fruit is available as 2 <sup>nd</sup> option.				
<b>Late snack</b> Served with tap water 4:30pm - 6pm	Sliced fruit, vegetable sticks, rice crackers				

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## Waring Season Autumn and Winter Menu – week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Served with milk or water 6:30am - 8am	(Cereal, cornflakes, milk, and bread toast with spreads – dairy free options available)				
<b>Morning Tea</b> Served with water, milk or smoothie 9am – 10:15am	Fresh Seasonal fruit & vegetable platter				
<b>Lunch</b> Served with tap water 11am-1pm	<b>Beef Stroganoff with Pasta</b>  (Beef, mushrooms, Onion, carrot, capsicum)	<b>Mexican Chicken Wraps</b>  (Chicken, wheat flour, corn, carrot, tomatoes, cucumber)	<b>Tuna Fried Rice.</b>  (Tuna, Rice, corn, peas, beans, capsicum, carrot)	<b>Mediterranean Braised Lamb with couscous</b>  (Lamb, Carrot, potato, cauliflower, onion, couscous)	<b>Vegetable Lentil Soup</b>  (lentil, carrot, onion, beans, mushrooms, capsicum)
	Alternative protein for vegetarians: <b>Mixed Beans</b>	Alternative protein for vegetarians: <b>LENTILS</b>	Alternative protein for vegetarians: <b>Tofu</b>	Alternative protein for vegetarians: <b>Chickpeas</b>	Alternative protein for vegetarians: <b>As above</b>
<b>Afternoon Tea</b> Served with milk or tap water 2:30pm-4pm	<b>Vegetarian Mini Pizza</b>	<b>Healthy Beetroot Brownie</b>	<b>Apple Cinnamon Loaf</b>	<b>Orange Chai cake</b>	<b>Home made Fruit Loaf</b>
	Fruit is available as 2 <sup>nd</sup> option.				
<b>Late snack</b> Served with tap water 4:30pm - 6pm	Sliced fruit, vegetable sticks, rice crackers				

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## Waring Season Autumn & Winter Menu – week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> Served with milk or water 6:30am - 8am	(Cereal, cornflakes, milk, and bread toast with spreads – dairy free options available)				
<b>Morning Tea</b> Served with water, milk or smoothie 9am – 10:15am	Fresh seasonal fruit & vegetable platter				
<b>Lunch</b> Served with tap water 11am-1pm	Chicken & mushroom Casserole with sweet potato mash  (chicken, sweet potato, onion, carrot , mushrooms)	Malaysian Fish Curry with rice  (Basa fish, carrot, capsicum, coconut milk,	Vegan Biryani  (rice, tofu, peas, carrot, cauliflower, beans, raisons)	Pumpkin & Sweet potato soup with home made rolls (Pumpkin, sweet potato, carrot, onion, rice milk, wheat flour)	Beef Lasagne  (minced beef, tomatoes, carrots, onion, wheat pasta sheets)
	Alternative protein for vegetarians: <b>Chickpeas Casserole</b>	Alternative protein for vegetarians: Tofu	Alternative protein for vegetarians: <b>BEANS</b>	Alternative protein for vegetarians: <b>LENTILS</b>	Alternative protein for vegetarians: <b> Lentil Lasagne</b>
<b>Afternoon Tea</b> Served with milk or tap water 2:30pm-4pm	Mini veg pizza	Spiced apple & yoghurt slice	Date scones	Cheese and vegetable sandwich platter	Spinach, cheese & polenta muffins
	Fruit is available as 2 <sup>nd</sup> option.				
<b>Late snack</b> Served with tap water 4:30pm - 6pm	Sliced fruit, vegetable sticks, rice crackers				

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