



Week 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7 – 8	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts
Morning Tea 9.00 – 9.15 Serve with Milk or water	Beans & Toast with fruits Salad	Blueberry Bircher Muesli served with Fruit	A Festival of Fruit, Veggies, Cheese & Crackers	Raisin Toast with Ricotta served with Fruit	Crumpets with variety of spread and Fruit
Lunch 11.00 - 11.30	Nonna's Traditional Bolognese	Crispy Fish Fingers with Veggie Rice	Superhero Beef Casserole with Pasta Twirls	Lamb Burrito Bowl – Build Your Own	Garlic Chicken & Veggie Stir-Fry with Rice
Vegetarian alternative	Nonna's Traditional Lentil Bolognese	Veggie Spring Rolls with Veggie Rice	Superhero Bean Casserole with Pasta Twirls	Veggie Burrito Bowl – Build Your Own	Garlic Veggie Stir-Fry
Afternoon Tea 2.00 Serve with Milk or water	Blueberry Muffins served with Fruit & Veggies	Zippy Hummus served with Crackers & Veggie Dippers	Coconut cake with Fresh Fruit	Crunchy Rice Cakes with Cheese & Red-Ripe Tomatoes served with Veggie Sticks	Cheesy Sweet Potato Dip with Crunchy Cucumbers Dippers served with Fruit

- Children have access to clean drinking water all day. Water is also served at each meal
- Children under 12 Months are provided with a Pureed or Mashed serving of current menu, or pureed food as discussed with families
- Full cream milk is served with Morning Tea and Afternoon Tea
- Allergies and food preferences are catered accordingly.



Week 2

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7 – 8	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts
Morning Tea 9.00 – 9.15 Serve with Milk or water	Strawberry & Apple Bliss Yoghurt Bowl	Zippy Hummus served with Veggie Sticks, Fruit & Crackers	Beans toast with Fruit salad	Crumpets with variety of spread and Fruit	‘Crunch & Munch’ Veggie Platter with Cheese & Crackers
Lunch 11.00 - 11.30	Lamb in Black Bean Sauce with Rice	Moroccan Chicken Tagine with Fluffy Couscous	Easy Mexican Beef Bowls	Go Thai Fish Curry with Rice	Pork & Lentil San Choy Bau
Vegetarian alternative	Veggie with Rice	Moroccan Tofu Tagine with Fluffy Couscous	Easy Mexican Bean Bowls	Thai Tofu Curry with Rice	Veggie San Choy Bau
Afternoon Tea 2.00 Serve with Milk or water	Tasty Cheese & Baby Spinach Muffins served with Fruit & Veggies	Pineapple & Cheese Pizzas served with Fresh Fruit	Veggie Chips & Varsity of Dips served with Fruit	Avocado & Cheese Sandwiches served with Fruit & Veggies	Banana Bread served with Fresh Fruit

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- Allergies and food preferences are catered accordingly.



Week 3

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7 – 8	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts
Morning Tea 9.00 – 9.15 Serve with Milk or water	Vegemite corn things with Cheese, Oranges & Apples	Raisin Toast with Ricotta served with Fruit	Vanilla Fruit Sundaes	Crumpets with variety of spread and Fruit	A Festival of Fruit, Veggies, Cheese & Crackers
Lunch 11.00 - 11.30	Indian Beef Curry with Fluffy Rice	Napolitana Lamb with pasta	Softly Spiced Chicken & Cauliflower with Couscous	Chilli Con Carne with Brown Rice	Tuna Pasta Salad
Vegetarian alternative	Indian Chickpea Curry with Fluffy Rice	Vegetable Pasta	Softly Spiced Chickpea & Cauliflower with Couscous	Chilli Lentil Con Carne with Brown Rice	Veggie Pasta Salad
Afternoon Tea 2.00 Serve with Milk or water	Avocado Hummus with Veggie & Cracker Dippers	Crunchy Rice Cakes with Cheese & Red-Ripe Tomatoes served with Veggie Sticks	Tasty Cheese and Cucumber Sandwiches served with Veggies	Fruits cake with Fresh Fruit	Banana & Blueberry Muffins served with Fruit & Veggies

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- Allergies and food preferences are catered accordingly.



Week 4

Time	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 7 – 8	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts	Cereal (Weetbix and Cheerios) Wholemeal Oats and Toasts
Morning Tea 9.00 – 9.15 Serve with Milk or water	Beans toast with Fruit salad	A Festival of Fruit, Veggies, Cheese & Crackers	Sweet Banana & Ricotta Rice Cake Stack served with Fruit Platter	Raisin Toast with Ricotta served with Fruit	Strawberry & Apple Bliss Yoghurt Bowl
Lunch 11.00 - 11.30	Asian Beef and Broccoli Stir-Fry with Oodles of Rice Noodles	Sweet sour pork with Rice Bowls	Sunshine Yellow Dahl & Basmati Rice	Beef & Creamy Mushroom Stroganoff with Pasta Tubes	Catch of the Day Tuna Bake
Vegetarian alternative	Veggie Stir-Fry with Oodles of Rice Noodles	Colourful Veggies Fried Rice Bowls	Sunshine Yellow Dahl & Basmati Rice	Bean & Creamy Mushroom Stroganoff with Pasta Tubes	Creamy Ricotta Pasta Bake
Afternoon Tea 2.00 Serve with Milk or water	Veggie Chips served with Fruit	Monkey Style Banana Bread served with Fresh Fruit	Zippy Hummus served with Veggie Sticks, Fruit & Crackers	Veggie Chips & Hummus Dip served with Fruit	Cheese & Tomato Pizzas served with Fresh Fruit

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- Allergies and food preferences are catered accordingly.

