

# WEEK 1

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### BREAKFAST

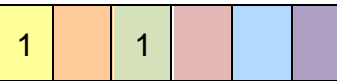
SERVED BEFORE 8.00AM

A mixture of cereals with milk and toast with Vegemite, cream cheese and honey

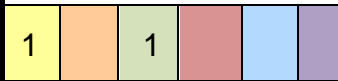
### MORNING TEA

Served with Milk, Soy Milk or Water

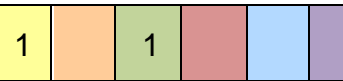
Seasonal Fruit Platter and cheese



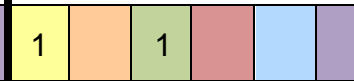
Seasonal Fruit Platter and Custard



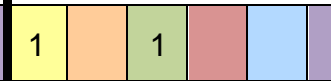
Seasonal Fruit Platter and Yoghurt



Seasonal Fruit Platter and cheese



Seasonal Fruit Platter and custard



### LUNCH

Served with water

**Mexican chicken wraps with fresh salad**  
(Vegetarian: Quorn fillets)  
Puree: Chicken and pumpkin

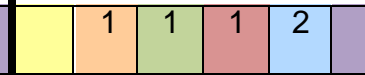


**Chilli con carne with rice**  
(Vegetarian: Red kidney beans with rice)  
Puree: beans, spinach and sweet potato



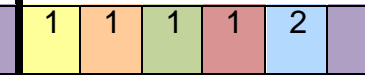
### Beef Ragu Pasta

(Vegetarian: Chickpeas with pasta)  
Puree: baby Bolognese



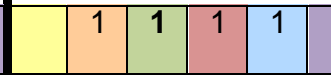
### Chicken-vegetable Pizza

Vegetable version: - Cheesy Vegetarian Pizza  
Puree: Chicken and roasted vegetables



### Vegetarian Pasta Bake

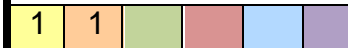
(Vegetarian friendly)  
Puree: Zucchini, celery & potato soup



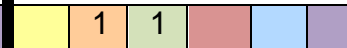
### AFTERNOON TEA

Served with Milk, Soy Milk or Water

**Carrot Slice**  
(Vegetarian friendly)



**Raisin Toast with watermelon**  
(Vegetarian Friendly)



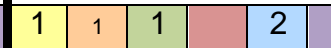
**Banana and oats muffin**  
(vegetarian friendly)



**Pumpkin Scones**  
(vegetarian friendly)

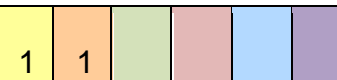


**Cheese and Vegemite rolls**  
(Vegetarian Friendly)

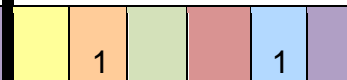


Late Snack with water

Assorted Sandwiches



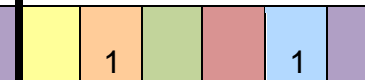
Assorted Sandwiches



Assorted Sandwiches



Assorted Sandwiches



Assorted Sandwiches



### TOTAL SERVES OFFERED



### Allergies

DAIRY

PASTAS, RICE, BREADS

FRUIT

MEAT OR MEAT ALTERNATIVE

VEGETABLES

FATS OILS

Children with allergies or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

### Infants (eating solids)

A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, vegetables/beans, fruit, vegetables, grains) and milk products. Foods of an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).

# WEEK 2

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### BREAKFAST

SERVED BEFORE 8.00AM

A mixture of cereals with milk and toast with vegemite, cream cheese and honey

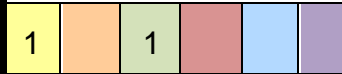
### MORNING TEA

Served with Milk, Soy Milk or Water

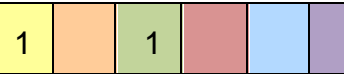
Seasonal Fruit Platter and cheese



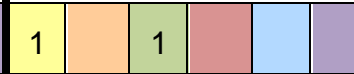
Seasonal Fruit Platter and Custard



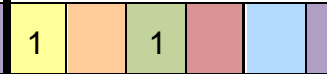
Seasonal Fruit Platter and Yoghurt



Seasonal Fruit Platter and cheese



Seasonal Fruit Platter and custard

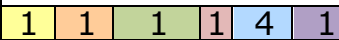


### LUNCH

Served with water

**Butter chicken with Rice**

(Vegetarian: chickpeas with Rice)  
Puree: Chicken, sweet potato and brown rice



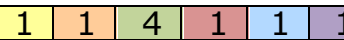
**Greek lamb wrap with fresh salad**

(Vegetarian: quom fillet)  
Puree: Lamb and vegetables



**Chicken and vegetable Singapore noodles**

(Vegetarian: Vegetarian Noodles)  
Puree: Chicken and vegetables



**Baked chicken and vegetable risotto**

(Vegetarian: -Vegetarian Risotto)  
Puree: - chicken and pumpkin



**Spaghetti Bolognese**

(Vegetarian: Red Kidney beans)  
Puree: beef bolognaise with vegetables

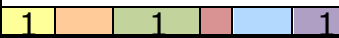


### AFTERNOON TEA

Served with Milk, Soy Milk or Water

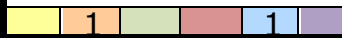
**Homemade Tortilla chips with dip**

(Vegetarian friendly)



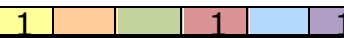
**Banana Bread**

(Vegetarian friendly)



**Rice cakes and toppings**

(cottage cheese, sliced tomato, cucumber, vegemite,butter)  
Watermelon and friends platter (watermelon triangles, grapes, strawberries)



**Cinnamon Pinwheels**

Vegetarian Version)



**Cranberry and coconut muffins**

(vegetarian friendly)

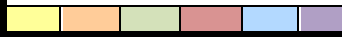


Late snack with water

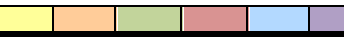
Assorted Sandwiches



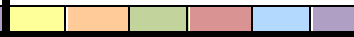
Assorted Sandwiches



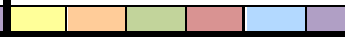
Assorted Sandwiches



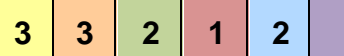
Assorted Sandwiches



Assorted Sandwiches



TOTAL SERVES OFFERED



Allergies/requirements

Children with allergies/dietary requirements or food intolerances are provided a tailored version of the regular menu to suit their individual needs

Infants (eating solids)

A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, vegetables/beans, fruit, vegetables, grains) and milk products. Foods of an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).



DAIRY	PASTAS, RICE, BREADS	FRUIT	MEAT OR MEAT ALTERNATIVE	VEGETABLES	FATS OILS
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# WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

## BREAKFAST

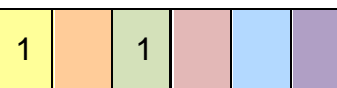
SERVED BEFORE 8.00AM

A mixture of cereals with milk and toast with vegemite, cream cheese and honey

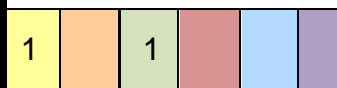
## MORNING TEA

Served with Milk, Soy Milk or Water

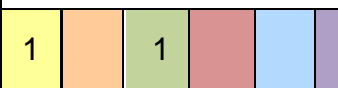
Seasonal Fruit Platter and cheese



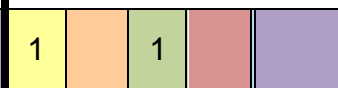
Seasonal Fruit Platter and custard



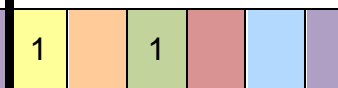
Seasonal Fruit Platter and Yoghurt



Seasonal Fruit Platter and cheese



Seasonal Fruit Platter and custard

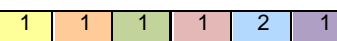


## LUNCH

Served with water

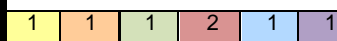
**Lamb Tagine**  
(Vegetarian: lentil curry with rice)

Puree: Lamb, vegetables and curry



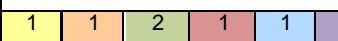
**Baked beans tacos and fresh salad**  
(Vegetarian Quom with tacos)

Puree: Chick peas and vegetables



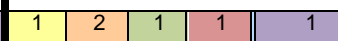
**Beef Stroganoff**  
(Vegetarian chickpea with pasta)

Puree: Beef, mushrooms and vegetables



**Vegetarian stir fry Noodles**

Puree: Pumpkin, apple and sweet potato puree



**Chicken sausage with mashed sweet potato**  
(Vegetarian sausage option)

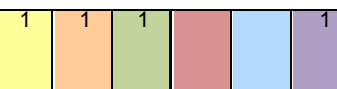
Puree: Chicken with vegetables



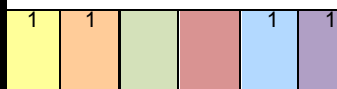
## AFTERNOON TEA

Served with milk and water

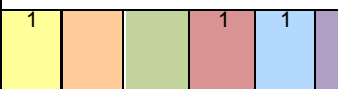
**Lemon and poppy seed loaf**  
(Vegetarian friendly)



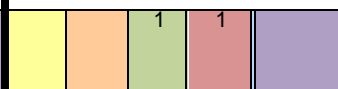
**Savoury Carrot Loaf**  
(vegetarian Friendly)



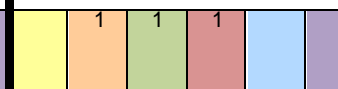
**Fresh apple slices and Pumpkin scones**  
(vegetarian Friendly)



**Cheese twist**  
(Vegetarian friendly)



**Banana zucchini muffin**  
(vegetarian friendly)

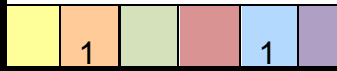


Late snack served with

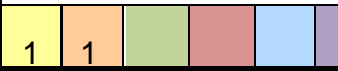
Assorted Sandwiches



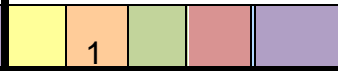
Assorted Sandwiches



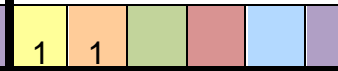
Assorted Sandwiches



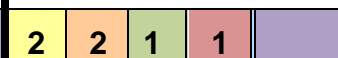
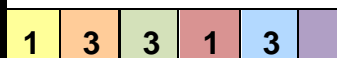
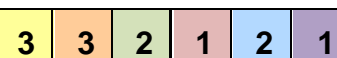
Assorted Sandwiches



Assorted Sandwiches



TOTAL SERVES OFFERED



### Allergies/requirements

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### Infants (eating solids)

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DAIRY

PASTAS, RICE, BREADS

FRUIT

MEAT OR MEAT ALTERNATIVE

VEGETABLES

FATS OILS



# WEEK 4

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### BREAKFAST

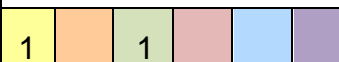
SERVED BEFORE 8.00AM

A mixture of cereals with milk and toast with vegemite, cream cheese and honey

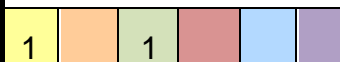
### MORNING TEA

Served with Milk, Soy Milk or Water

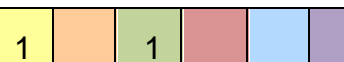
Seasonal Fruit Platter and cheese



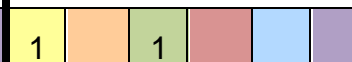
Seasonal Fruit Platter and Custard



Seasonal Fruit Platter and Yoghurt



Seasonal Fruit Platter and cheese



Seasonal Fruit Platter and custard

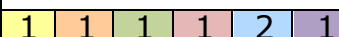


### LUNCH

Served with water

White sauce chicken and vegetable pasta  
(Vegetarian:- Vegetarian pasta)

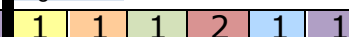
Puree: creamy chicken and vegetables



Lamb curry with Rice

(Vegetarian:- Vegetarian curry)

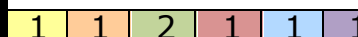
Puree: Lamb and vegetables



Red Lentil Dhal and Rice

(Vegetarian friendly)

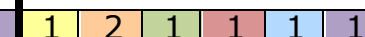
Puree: lentils soup and vegetables



Apricot Chicken with garlic bread

(Vegetarian:red kidney beans)

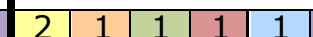
Puree: Apricot chicken and vegetables



Beef and Vegetable Casserole with pasta

(Vegetarian :chickpea)

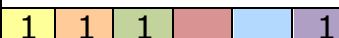
Puree: Beef, mushrooms and vegetables



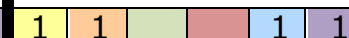
### AFTERNOON TEA

Served with Milk, Soy Milk or Water

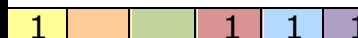
Mixed fruit crumble with yoghurt  
(Vegetarian friendly)



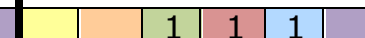
Pumpkin loaf  
(vegetarian friendly)



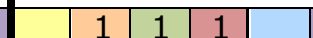
Watermelon cheese rice crackers  
(Vegetarian friendly)



Tortilla Chips with Dip  
(Vegetarian friendly)



Jelly and Fruit  
(Vegetarian friendly)



Late snack served with

Assorted Sandwiches



Assorted Sandwiches



Assorted Sandwiches



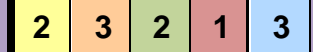
Assorted Sandwiches



Assorted Sandwiches



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