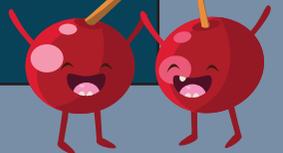


# MENU - WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>				
Choice of Rice Bubbles, Cornflakes or Weetbix with milk. Toast with Nuttalex and toppings of Vegemite, cheese spread or cheese slices				
<b>MORNING TEA</b>				
Fresh seasonal fruit, milk and water				
<b>LUNCH</b>				
<p><b>Chicken curry served with rice</b> Ingredients: chicken, brown rice, carrots, pumpkin, green beans, canned tomatoes, curry spices and yoghurt.</p> <p>Apple, pear slices</p>	<p><b>Lentil bolognese</b> Ingredients: red lentils, mixed vegetables, canned tomatoes, pasta, cheese.</p> <p>Apple and pear slices</p>	<p><b>Beef and vegetable rissoles with pita bread and salad</b> Ingredients: lean beef mince, potato, carrot, zucchini, capsicum, egg.</p> <p>Apple and pear slices</p>	<p><b>Vegetarian fried rice</b> Ingredients: egg brown rice, carrot, capsicum, spring onion, peas, corn, reduced salt soy sauce.</p> <p>Apple and pear slices</p>	<p><b>Creamy tuna pasta bake</b> Ingredients: canned tuna, pasta, broccoli, corn, carrot, evaporated milk.</p> <p>Apple and pear slices</p>
<b>AFTERNOON TEA</b>				
<p><b>Crackers</b> with sliced tomato and cheese.</p> <p>Milk &amp; water</p>	<p><b>Fruity crumble</b> wholemeal flour, oats, cooked seasonal fruits. Served with Greek yoghurt.</p> <p>Milk &amp; water</p>	<p><b>Banana Bread</b> Served with cinnamon spiced ricotta.</p> <p>Milk &amp; water</p>	<p><b>Spinach and feta fingers.</b> Spinach and feta in pastry. Served with strawberries and grapes.</p> <p>Milk &amp; water</p>	<p><b>Vegetable sticks</b> beans, celery, carrot with creamy corn and tuna dip and crackers. Served with watermelon triangles.</p> <p>Milk &amp; water</p>
<b>LATE SNACK</b>				
Selection of Fruit, Vegetables and Crackers				
<b>Water is freely available throughout the day.</b>				
<p>Infants (eating solids) A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains and milk products. Foods are an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).</p> <p><b>Allergies - Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.</b></p>				



# MENU - WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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## BREAKFAST

Choice of Rice Bubbles, Cornflakes or Weetbix with milk. Toast with Nuttalex and toppings of Vegemite, cheese spread or cheese slices

## MORNING TEA

Fresh seasonal fruit, milk and water

## LUNCH

<p><b>Chilli con carne and potatoes with sour cream</b> Ingredients: lean minced beef, carrot, capsicum, canned red kidney beans, canned tomato, spices, iceberg lettuce, avocado, cheese served with potato and sour cream. Apple, pear slices</p>	<p><b>Vegetable and white bean risotto</b> Ingredients: white beans, carrot, onion, zucchini, peas, corn. Apple and pear slices</p>	<p><b>Chicken and vegetable stir fry with brown rice</b> Ingredients: chicken fillets, cabbage, carrot, capsicum, zucchini, brown rice. Apple and pear slices</p>	<p><b>Creamy tuna pasta bake</b> Ingredients: canned tuna, pasta, broccoli, corn, carrot, evaporated milk. Apple and pear slices</p>	<p><b>Beef san choy bau</b> Ingredients: rice noodles, lean minced beef, cabbage, carrot, green beans, peas, capsicum, ginger, soy sauce, ice berg lettuce. Apple and pear slices</p>
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## AFTERNOON TEA

<p><b>Rice cakes and toppings</b> Cheese, sliced tomato, cucumber. Served with fruit salad. Milk &amp; water</p>	<p><b>Veggie dippers</b> Carrot, red capsicum, lightly steamed broccoli, rice cakes. Served with hummus. Milk &amp; water</p>	<p><b>Platter of assorted sandwiches</b> Vegemite, cream cheese, sliced cheese, sliced tomato, cucumber, lettuce, carrot. Milk &amp; water</p>	<p><b>Vegetable platter</b> Cucumber, carrot, capsicum and pita bread with tzatziki and hummus dip. Milk &amp; water</p>	<p><b>Fruit salad and yoghurt.</b> Milk &amp; water</p>
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## LATE SNACK

Selection of Fruit, Vegetables and Crackers

**Water is freely available throughout the day.**

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

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



# MENU - WEEK 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>				
Choice of Rice Bubbles, Cornflakes or Weetbix with milk. Toast with Nuttalex and toppings of Vegemite, cheese spread or cheese slices				
<b>MORNING TEA</b>				
Fresh seasonal fruit, milk and water				
<b>LUNCH</b>				
<p><b>Vegetable pasta bolognese</b> Ingredients: pasta, seasonal vegetables, tomatoes. Served with bread and salad.</p> <p>Apple, pear slices</p>	<p><b>Zucchini slice</b> Ingredients zucchini, eggs, cheese, carrot, flour. Served with salad and crusty bread.</p> <p>Apple and pear slices</p>	<p><b>Moroccan lamb with vegetables served with couscous</b> Ingredients: lamb, seasonal vegetables and couscous.</p> <p>Apple and pear slices</p>	<p><b>Tuna and corn patties</b> Ingredients: canned tuna, potatoes, corn, breadcrumbs and eggs. Served with mixed salad and wholemeal bread.</p> <p>Apple and pear slices</p>	<p><b>Beef stroganoff</b> Ingredients: canned tuna, dried red lentils, mixed vegetables, canned tomatoes, pasta, cheese.</p> <p>Apple and pear slices</p>
<b>AFTERNOON TEA</b>				
<p><b>Vegie antipasto platter</b> Carrot, red capsicum, lightly steamed broccoli, cherry tomatoes and pita bread), served with tzatziki and hummus.</p> <p>Milk &amp; water</p>	<p><b>Platter of assorted sandwiches</b> Vegemite, cream cheese, sliced cheese, sliced tomato, cucumber, lettuce, carrot.</p> <p>Milk &amp; water</p>	<p><b>Healthy carrot cake</b> Ingredients: carrot, eggs, flour, apple and milk. Served with watermelon.</p> <p>Milk &amp; water</p>	<p><b>Rice cakes and toppings</b> Cheese, sliced tomato, cucumber. Served with fruit salad.</p> <p>Milk &amp; water</p>	<p><b>Fruity bread pudding</b> Ingredients: fruit bread, eggs and milk.</p> <p>Milk &amp; water</p>
<b>LATE SNACK</b>				
Selection of Fruit, Vegetables and Crackers				
<b>Water is freely available throughout the day.</b>				
<p>Infants (eating solids) A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains and milk products. Foods are an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).</p> <p><b>Allergies - Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.</b></p>				

