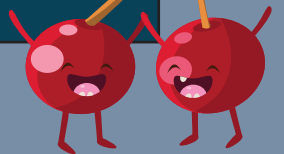


MENU - WEEK 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Choice of cereals including Weetbix, Rice Bubbles, Sultana Bran and Cornflakes, all served with milk. Wholemeal toast with healthy toppings.				
MORNING TEA Seasonal fresh fruit platter with cheese cubes and crackers.				
LUNCH				
Chicken curry served with brown rice Ingredients: Chicken, carrots, pumpkin, green beans, canned tomatoes, curry spices and yoghurt.	Spaghetti bolognese with fresh salad. Ingredients: Beef mince, carrot, celery, zucchini, canned tomatoes, pasta.	Beef and vegetable rissoles served with wholemeal bread and salad. Ingredients: Lean beef mince, potato, carrot, zucchini, capsicum, egg, salad vegetables	Creamy tuna pasta bake Ingredients: Canned tuna, pasta, broccoli, corn, carrot, evaporated milk.	Vegetarian fried rice Ingredients: Egg, brown rice, carrot, capsicum, spring onion, peas, corn, reduced salt soy sauce.
AFTERNOON TEA				
Fruit toast / bread. with various toppings.	Fruity crumble. Wholemeal flour, oats, cooked seasonal fruits. Served with Greek yoghurt.	Rice cakes. Toppings include cottage cheese, sliced tomato, cucumber. Watermelon triangles	Vegetable sticks and rice crackers. Beans, celery, carrot with creamy corn and tuna dip.	Mini Pizzas Wholemeal pita bread, salt reduced tomato paste, vegetables mushroom, tomato, capsicum and mozzarella cheese.
LATE SNACK Choose from: Wholegrain crackers and cheese or fresh vegetables and fruit, served with water				
Water is freely available throughout the day. Milk is served with breakfast and afternoon tea. 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). Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				



MENU - WEEK 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Choice of cereals including Weetbix, Rice bubbles, Sultana Bran and Cornflakes, all served with milk. Wholemeal toast with healthy toppings				
MORNING TEA Seasonal fresh fruit platter with cheese cubes and crackers.				
LUNCH				
Chilli con veg served with soft tortillas Ingredients: carrot, capsicum, canned red kidney beans, canned tomato, spices, iceberg lettuce, cheese, wholemeal wraps	Tuna and Lentil Bolognese Ingredients: Canned tuna, dried red lentils, mixed vegetables, canned tomatoes, wholemeal pasta, cheese	Vegetable curry with basmati rice Ingredients: Vegetables and curry spices, coconut cream	Moroccan Lamb with couscous Ingredients: Diced lamb, mixed vegetables	Chicken and vegetable stir fry with brown rice Ingredients: Chicken fillets, cabbage, carrot, capsicum, zucchini, brown rice
AFTERNOON TEA				
Banana bread	Mini Pizzas Wholemeal pita bread, salt reduced tomato paste, vegetables, mushroom, tomato, capsicum and mozzarella cheese	Veggie Dippers with Hummus dip Carrot, red capsicum, lightly steamed broccoli, rice cakes	Platter of wholemeal sandwich triangles: Cottage cheese, chicken and cucumber, cream cheese, tuna and corn	Crackers and vegetable platter Cucumber, carrot and capsicum with tzatziki dip.
LATE SNACK Choose from: Wholegrain crackers and cheese or fresh vegetables and fruit, served with water				
Water is freely available throughout the day. Milk is served with breakfast and afternoon tea. 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). 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
BREAKFAST Choice of cereals including Weetbix, Rice bubbles, Sultana Bran and Cornflakes, all served with milk Wholemeal toast with healthy toppings				
MORNING TEA				
Seasonal fresh fruit platter with fruit toast triangles	Seasonal fresh fruit platter with Greek yoghurt	Seasonal fresh fruit platter with rice crackers	Seasonal fresh fruit platter with Greek yoghurt	Seasonal fresh fruit platter with wholemeal toast triangles
LUNCH				
Vegetable pasta bake with garlic bread and salad Ingredients: pasta, seasonal vegetables	Chilli con Carne on baked potato with sour cream and salad Ingredients: minced beef, red kidney beans, carrot, celery, corn	Chicken and Vegetable risotto Main ingredients: Arborio rice, chicken, vegetables, parmesan cheese	Tuna Casserole with seasonal vegetables Ingredients: Tuna, peas, pasta	Zucchini slice with salad and wholemeal bread Ingredients: Zucchini, eggs, carrot, flour, cheese
AFTERNOON TEA				
Platter of wholemeal sandwich triangles: Cottage cheese, chicken and cucumber, cream cheese, tuna and corn	Crackers and vegetable platter with tzatziki dip Cucumber, carrot and capsicum	Fruit salad and banana served with Greek yoghurt	Platter of wholemeal cheese toasty fingers and fresh fruit	Platter of wholemeal sandwich triangles: Cottage cheese, chicken and cucumber, cream cheese, tuna and corn
LATE SNACK Choose from: Wholegrain crackers and cheese or fresh vegetables and fruit, served with water				
Water is freely available throughout the day. Milk is served with breakfast and afternoon tea. 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). Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				

