

WEEKI





MENU

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Breakfast (Served until 8am)	Weet bix, rice bubbles, and wholemeal toast with variety of spreads. Milk and water					
Morning Tea (Served with milk & water)	Fresh fruit platter Wholemeal Pita & Hummus Dip	Fresh fruit platter Apricot & oat protein balls (apricots, coconut, chia seeds, cacao powder, iron cereal)	Fresh fruit platter Natural Yoghurt & Low Sugar Home Made Oat Granola	Fresh fruit platter Wholemeal tortilla bread chips and Mexican bean dip	Fresh fruit platter Cheese & vegemite wholemeal wraps	
Lunch (Served with water)	Cheese & Tuna Pizza Shredded tuna, celery, lettuce, beetroot, tomato, wholemeal Lebanese bread. Vegetarian Margherita/ Cheese and Tofu Pizza on wholemeal Lebanese bread Served with raw snow peas.	Slow Cooked Lamb stir fry & hokkien noodles Chopped lamb steak, garlic & ginger, cabbage, mushrooms, broccoli, zucchini, carrot, shallots. Vegetarian Tofu replaces beef. Served with raw broccoli.	Beef Spaghetti bolognaise & salad Beef mince, onion, carrot, tomato, wholemeal pasta, iceberg lettuce, cherry tomato, cucumber. Vegetarian Beans replace beef. Served with raw capsicum.	With crispy cheesy wholemeal bread . Brown lentils, onions, pumkin, basil, celery, carrot. Served with Orange Wedges.	Mexican slow cooked pulled beef with brown rice Chopped beef steak, onion, spinach, corn, garlic, carrots, tomatoes, wholemeal rice Vegetarian Mexican beans replace beef. Served with raw cabbage.	
Afternoon tea (Served with water)	Fresh raw vegetable platter Wholemeal raisin toast	Fresh raw vegetable platter Wholemeal English muffins & cheese	Fresh raw vegetable platter Cheese and Tomato Rice Cakes (99% whole grain brown rice)	Fresh raw vegetable platter Wholemeal Zucchini Slice (made by children) (wholemeal flour, soy milk, zucchini, carrots, cheese)	Fresh raw vegetable platter Homemade wholemeal Garlic bread	



Late Snack

Fresh fruit, veg or dried fruit

Brown Rice Crackers



WEEK 2





MENU

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MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
Breakfast (Served until 8am)	Weet bix, rice bubbles, and wholemeal toast with variety of spreads.								
Morning Tea (Served with milk & water)	Fresh fruit platter Wholemeal tortilla bread chips and Mexican bean dip	Fresh fruit platter Date & oat protein balls (dates, coconut, chia seeds, cacao powder)	Fresh fruit platter Natural Yoghurt & Home Made Low Sugar Oat Granola	Fresh fruit platter Natural Greek Yoghurt & Cheerio's	Fresh fruit platter Wholemeal Pita bread & Hummus Dip				
Lunch (Served with water)	Lentil curry, wholemeal rice (W) Lentils, garlic, tomato, ginger, coriander, celery, cumin, turmeric.	Slow cooked beef steak stroganoff & wholemeal pasta Beef mince, onion, carrot, mushrooms, corn, peas, tomatoes, wholemeal pasta. Vegetarian cannellini beans replace beef. Served w/ raw snow peas.	Steak, onions, potatoes, celery, carrots, peas, mushrooms, butterbeans, lentils, parsley, chicken stock, flour. Vegetarian Palak Paneer and Rice Casserole. Served w/ raw snow peas.	Turkish Ham and Pineapple Open melt Base of tomato sauce with shredded ham and pineapple pieces and cheese Vegetarian Mushroom and pineapple cheese melts. Served with orange wedges.	Build our own beef burgers. Beef mince, onion, breadcrumbs, cheese, paprika, oregano, parsley, chia seeds, lettuce, tomato, cheese slices, wholemeal bread. Vegetarian Lentil replaces beef. Served with raw capsicum.				
Afternoon tea (Served with water)	Fresh raw vegetable platter Cheese and brown rice crackers	Fresh raw vegetable platter Wholemeal English muffins & cheese	Fresh raw vegetable platter Melted cheese fingers on wholegrain bread	Fresh raw vegetable platter Iron rich wholemeal banana slice banana, wholemeal flour, wheat germ, golden syrup, iron cereal, sultanas.	Fresh raw vegetable platter Cheese & Vegemite Rice Cakes (99% whole grain brown rice)				



Late Snack

Fresh fruit, veg or dried fruit

Brown Rice Crackers



WEEK 3





with cream cheese

MENU

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
Breakfast (Served until 8am)	Weet bix, rice bubbles, and wholemeal toast with variety of spreads.							
Morning Tea (Served with milk & water)	Fresh fruit platter Granola Cluster with natural Greek yoghurt (buckwheat flour, brown sugar, rolled oats, butter, ground cinnamon, raspberry jam, Greek yoghurt)	Fresh fruit platter Greek Yoghurt with Strawberries & Honey (no honey for under lyo)	Fresh fruit platter Baked sweet potato	Fresh fruit platter Avocado & tomato on Wholegrain Rice Cakes	Fresh fruit platter Healthy Apple Loaf (with dried fruit)			
Lunch (Served with water)	Chilli Con Carne with brown Rice Ground Beef, Rice, diced tomatoes, red Onions, Garlic, mixed beans, corn, capsicum, spinach. Vegetarian Baked beans replaces beef. Served with raw broccoli.	Beef mince, onion, carrot, tomato, peas and garlic with a top of mash potato and a side of peas. Vegetarian Cannellini beans replace beef. Served with raw snow peas.	Pasta, baked beans, onion, carrots, zucchini, cheese. Served with tomato wedges.	Kangaroo Sausage Wholemeal Pizza BBQ Base on Lebanese Bread with cooked sausages, sweet corn, capsicum and cheese and side salad. Vegetarian Wholemeal Lebanese bread with Cheese, onion and Eggplant. Served with raw capsicum wedges.	Moroccan Lamb Stew with couscous slow cooked lamb, Couscous, diced tomatoes, thickened cream, red Onions, Garlic, carrots, sweet potato, Parsley. Vegetarian Lentil replaces lamb. Served with raw capsicum.			
Afternoon tea (Served with water)	Fresh raw vegetable platter Radish whole grain rice cakes	Fresh raw vegetable platter Homemade Muesli bars	Fresh raw vegetable platter Anzac Slice (made by the children) (rolled oats, brown sugar, coconut, plain flour,	Fresh raw vegetable platter Roasted rainbow carrots with	Fresh raw vegetable platter Mozzarella Bites			



Late Snack

Fresh fruit, veg or dried fruit

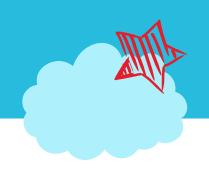
Brown Rice Crackers



pea hummus



WEEK 4





MENU

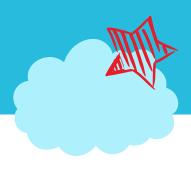
MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		
Breakfast (Served until 8am)	Weet bix, rice bubbles, and wholemeal toast with variety of spreads.						
Morning Tea (Served with milk & water)	Fresh fruit platter Carrot & celery sticks with Beetroot Dip	Fresh fruit platter Cheesy Pizza slice (high fibre pizza base)	Fresh fruit platter Natural Yoghurt & seasonal berries	Fresh fruit platter Date & oat protein balls (dates, coconut, chia seeds, cacao powder, iron cereal)	Fresh fruit platter Nachos with Avocado Dip and Sour Cream		
Lunch (Served with water)	Lasagne Beef Mince, tomatoes, Lasagne Sheets, red Onions, Garlic, capsicum Carrots, mozzarella cheese, Basil, butter, plain flour, milk, parmesan cheese. Vegetarian Lentil replaces beef. Served with raw capsicum.	Irish Beef Stew with brown Rice slow cooked beef, brown rice, potatoes, red Onions, Garlic, Carrots Beef stock, tomatoes, fresh thyme. Vegetarian Tofu replace beef. Served with raw snow peas.	Sweet Potato Chickpea Curry With high fibre bread Lentils,garlic,tomato,ginger, Coriander,celery,cumin, Turmeric Served with tomato Wedges.	Wholemeal Chicken and Cheese Jaffles Sliced chicken, celery, Avocado, beetroot, tomato, wholemeal bread. Salad on the Side. Vegetarian Cheese and Tomato and or Chickpea patty and cheese. Served with orange wedges.	Lamb Kofta w/ pita bread & tzatziki Onion, garlic, lamb mince, coriander, mint, cumin, allspice, parsley yoghurt, and feta cheese on the side On the Side Tomato Cucumber Salad. Vegetarian Paneer Kofta.		
Afternoon tea (Served with water)	Fresh raw vegetable platter Raspberry coconut bliss balls with iron cereal.	Fresh raw vegetable platter Rice Crackers / cakes with Hummus Dip	Fresh raw vegetable platter Carrot Cake Made by children	Fresh raw vegetable platter Wholemeal Rice Cracker with Cheese and Olives	Fresh raw vegetable platter Wholemeal Raisin Loaf		
Late Snack	Fresh fruit, veg or dried fruit						



Brown Rice Crackers









MENU

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
We are able to store and prepare expressed breast milk						
Morning Tea	Apple & Cinnamon Baby Food	Banana & Fruit Mash	Carrot & Nutmeg Puree	Sweet Potato & Thyme Puree	Broccoli Baby Food	
	Apples, Water, Cinnamon	Banana, Fruit	Carrots, Water, Nutmeg	Sweet potatoes, Thyme, Water	Broccoli, White Potato	
Lunch	Pumpkin Puree	Chicken & Broccoli Puree	Oatmeal Puree Water, Oats, Hemp seeds,	Banana & Avocado Puree	Chicken & Pea Puree	
	Pumpkin	Chicken, Broccoli, Water	Chia seeds	Bananas, Avocado	Chicken, Broccoli, Water	
Afternoon tea	Sweet Potato & Thyme Puree	Carrot & Ginger Puree	Broccoli Baby Food	Carrot & Nutmeg Puree	Capsicum Puree	
	Sweet potatoes, Thyme, Water	Carrots, Water, Ginger	Broccoli, White Potato	Carrots, Water, Nutmeg	Capsicum, Pear	



