






WEEK 1






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.	Pumkin & Lentil Soup  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

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  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.	Tuscan Chicken Casserole  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

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 1yo)	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.	Lisa's Shepherds Pie 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.	Savoury baked Beans With Wholemeal Pasta 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 with cream cheese	Fresh raw vegetable platter Homemade Muesli bars	Fresh raw vegetable platter Anzac Slice (made by the children) (rolled oats, brown sugar, coconut, plain flour, self-raising flour, butter, dried fruit, golden syrup, shredded coconut)	Fresh raw vegetable platter Roasted rainbow carrots with pea hummus	Fresh raw vegetable platter Mozzarella Bites with toasted bread sticks.
Late Snack	Fresh fruit, veg or dried fruit Brown Rice Crackers				



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				

PUREE

MENU

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

