

SAMPLE MENU

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	FOOD	Wholemeal blueberry muffins with fruit	Whole meal Toast with olive oil spread <ul style="list-style-type: none"> • Vegemite • Cream cheese And orange wedges	Rice bubble with milk and mixed berries	Spaghetti on whole meal toast With bananas	Fruit platter w/ Seasonal fruit <ul style="list-style-type: none"> • Apple • Pears • Strawberries • watermelon
	DRINK	Milk and Water	Milk and Water	Milk and Water	Milk and Water	Milk and Water
LUNCH	FOOD	Beef and black bean noodles with: <ul style="list-style-type: none"> • Bok choy • Capsicum • Carrot 	Homemade Pizza <ul style="list-style-type: none"> • Pineapple • Tomato • Ham • Mushroom • Cheese 	Camilla's homemade beef meatballs <ul style="list-style-type: none"> • Mash • Carrots • beans • peas 	Chicken San Choy Bow with iceberg lettuce and rice <ul style="list-style-type: none"> • Carrots • Mushrooms • Peas 	Beef Curried Sausages with mash potato. <ul style="list-style-type: none"> • Carrots • Peas • Pumpkin
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	Vegetable sticks: <ul style="list-style-type: none"> • Carrot • Celery • cucumber With avocado dip and whole meal wrap	Banana muffins with mixed berries and carrot and cucumber sticks	Avocado dip with <ul style="list-style-type: none"> • Tomato salsa • Cheese • Cucumber • organic cornchips 	Greek Yoghurt with <ul style="list-style-type: none"> • Peaches • Mixed fruit • Veg sticks And rice crackers	Mixed berries Muffins With vegetable stick's
	DRINK	Milk and Water	Milk and Water	Milk and Water	Milk and Water	Milk and Water
LATE SNACK	CHOOSE FROM: Wholegrain crackers and rice cakes with fresh or dried fruits.					
WATER	Water is freely available throughout the day. Full cream in 11k and lite milk is provided					
INFANTS: EATING SOLIDS	A variety of healthy foods are offered every day including, iron-rich foods (meat, poultry, fish, legumes/beans), fruit, vegetables, grains and milk products. All food is an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger food).					
ALLERGIES & FOOD PREFERENCES	Children with allergies, food intolerances and preferences are provided a tailored version of the regular menu to suit their individual needs. Vegetarian option displayed in green writing if dish needs alterations. Infant alterations to meals will be displayed in blue writing.					