



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	<b>Cereals:</b> Rice Bubbles, Wheatbix, Corn Flakes with full cream milk or wholemeal toast with spreads: vegemite, cream cheese). Served with full cream milk, formula or water.				
<b>Morning Tea (6-12 months)</b>	<b>Fruit Puree</b>				
<b>Morning Tea (1 years - 6 years)</b> served with full cream or reduced fat milk or water	<b>Raisin Toast Fingers</b> Served with fresh fruit and vegetable platter. Wholemeal raisin toast , Butter	<b>Yoghurt Cups</b> Fat reduced yoghurt	<b>Apple &amp; Cinnamon Muffin</b> Served with fresh fruit and vegetable platter. Apple, cinnamon, wholemeal flour, milk, vanilla essence, sultanas, brown rice syrup, apple sauce	<b>Baked Pear &amp; Custard Cups</b> Pear, cinnamon, butter, custard	<b>Corn Relish Dip with Crackers</b> Served with fresh fruit and vegetable platter. Corn Relish, Plain Greek Yoghurt, wholemeal crackers
<b>Lunch (6-12 months)</b>	<b>Protein and Vegetable Puree based on the daily menu meal</b>				
<b>Lunch (1 years - 6 years)</b> served with water	<b>Beef &amp; Macaroni Cheese Bake</b> Beef mince, Wholemeal macaroni pasta, cheddar cheese, broccoli	<b>Devilled Sausages with Rice</b> Beef Sausages, vegetables, brown rice	<b>Roast Chicken &amp; Salad Wraps</b> Chicken, lettuce, tomato, cucumber, beetroot	<b>Tuna Pasta Bake</b> Tuna, wholemeal pasta, breadcrumbs, peas, broccoli, cauliflower, flour, milk, cheese	<b>Beef Fried Rice</b> Chicken, brown rice, peas, corn, carrot, salt reduced soy sauce
<b>Lunch Vegetarian meal</b>		<b>Vegetarian Devilled Sausages</b>	<b>Salad Wraps</b>	<b>Cheesy Pasta Bake</b>	<b>Vegetable Fried Rice</b>
<b>Afternoon Tea (6-12 months)</b>	<b>Fruit Based Puree</b>				
<b>Afternoon Tea (1 years - 6 years)</b> served with full cream or reduced fat milk or water	<b>Banana Muffins</b> Banana, wholemeal flour, apple sauce, milk, butter	<b>Margarita Pizza Sticks</b> Served with fresh fruit and vegetable platter. Flour, Greek yoghurt, cheese, passata, fresh herbs	<b>Savoury Platter</b> Cheese, cabanossi, cucumber, carrot, crackers, dried fruit	<b>Wholemeal Cruskits with spreads</b> Served with fresh fruit and vegetable platter. Cruskits, spreads (cream cheese or vegemite)	<b>Muesli Fruit Slice</b> Muesli, dried fruit, honey, apple sauce
<b>Late Snack</b>	<b>Wholemeal Sandwiches:</b> assorted spreads including vegemite, cream cheese. Served with water				





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