



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

