

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain Toast With Spinach & Baked Beans Served With Glass Of Milk	Banana-Rama Oaty Shake (Banana, Yoghurt & Oat Smoothie)	Wholegrain Cereal Flakes With Milk & Fresh Fruit	Wholegrain Toast with Ricotta, Berry Good Jam & Sliced Bananas	Oat-So-Fruity Smoothie (Mixed Fruit, Yoghurt & Oat Smoothie)
Morning Tea	Wholegrain Brown Rice Cakes with Ricotta & Blueberries	Crunch & Munch Rainbow Snack Plate (Seeded Wholegrain Crackers with Cheese, Veggie Sticks & Hummus)	Wholegrain English Muffins with Cottage Cheese & Banana	Wholemeal Carrot & Hummus Pinwheels	Wholemeal Crumpets with Cottage Cheese & Strawberries
Lunch	Main Option Cheesy Beef Rissoles with Wholemeal Cous Cous & Vegetable Salad	Baked Fish Fillet With Brown Rice And Vegetables	Pulled Lamb And Salad Wholemeal Bun	Beef & Lentil Shepherd's Pie with Broccoli, Cauliflower & Carrot	Chicken Shawarma Salad With Wholemeal Pita Bread
	Vegetarian Option Cheesy Chickpea Rissoles with Wholemeal Cous Cous & Vegetable Salad	Baked Tofu Fillet With Brown Rice And Vegetables	Wholemeal Black Bean And Salad Bun	Lentil Shepherd's Pie with Broccoli, Cauliflower & Carrot	Chickpea Salad With Wholemeal Pita Bread
Afternoon Tea	Homemade Date Loaf with Cucumber & Carrot Sticks	Wholemeal Pikelets with Ricotta & Fruit	Zucchini Slice with Avocado Dip	Parfait Party (Greek Yoghurt with Fruit & Natural Muesli)	Homemade Wholemeal Pumpkin Muffins with Light Cream Cheese
Late Snack	Wholegrain English Muffins Topped With Cottage Cheese & Sliced Tomato	Multigrain Rice Crackers With Hummus	Wholemeal Cheese Sandwich with Veggie Sticks	Veggie Sticks with Cheese	Wholegrain Corn Thins with Ricotta & Avocado Smash

Extras

Seasonal Fruit and Vegetable Platters are offered at morning tea and afternoon tea. This is in addition to the mid meal items listed on the menu above. Examples of offerings include apricots, bananas, grapes, mango, nectarines, peaches, oranges, capsicum and cucumber.

Water

Water is to be offered at all meals and made available freely throughout the day

Infants (eating solids)

Breast milk, infant formula and cooled boiled tap water are the only drinks to be provided to infants under 12 months of age. From approximately 6 months, age-appropriate solid foods are offered.

ALLERGIES

Egg, milk, wheat, soy, fish - Children with food allergies and intolerances are provided with suitable nutritious alternatives.

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Oat-So-Fruity Smoothie (Mixed Fruit, Yoghurt & Oat Smoothie)	Wholegrain Toast With Spinach & Baked Beans Served With Glass Of Milk	Banana-Rama Oaty Shake (Banana, Yoghurt & Oat Smoothie)	Wholegrain Cereal Flakes With Milk & Fresh Fruit	Wholegrain Toast Ricotta, Berry Good Jam & Sliced Bananas
Morning Tea	Wholemeal Spinach & Light Cream Cheese Pinwheels	Wholegrain Brown Rice Cakes with Ricotta & Blueberries	Crunch & Munch Rainbow Snack Plate (Seeded Wholegrain Crackers with Cheese, Veggie Sticks & Hummus)	Wholegrain English Muffins with Cottage Cheese & Strawberries	Seeded Wholegrain Crackers with Cheese & Fresh Fruit
Lunch	Main Option Grilled Mango Chicken With Vegetables & Brown Rice	Wholemeal Lamb Tacos With Broccoli, Corn & Tomato Salsa	Warm Beef Salad With Brown Rice	Rollie Pollie Lamb Rolls (Lamb Rice Paper Rolls With Vegetables)	Tuna Patties On Wholegrain Bread With Garden Salad
	Vegetarian Option Grilled Mango Tofu With Vegetables & Brown Rice	Wholemeal Black Bean Tacos With Broccoli, Corn & Tomato Salsa	Warm Lentil Salad With Brown Rice	Tempeh Rice Paper Rolls With Vegetables	Chickpea Patties On Wholegrain Bread With Garden Salad
Afternoon Tea	Parfait Party (Greek Yoghurt with Fruit & Natural Muesli)	Homemade Wholemeal Date Loaf with Capsicum & Celery	Wholemeal Pikelets with Ricotta & Fruit	Homemade Wholemeal Zucchini & Cheese Scones	Homemade Wholemeal Carrot Muffins with Light Cream Cheese
Late Snack	Wholegrain Corn Thins with Ricotta & Avocado Smash	Wholegrain English Muffins Topped With Cottage Cheese & Sliced Tomato	Multigrain Rice Crackers With Hummus	Wholemeal Cheese Sandwich with Veggie Sticks	Veggie Sticks with Cheese
Extras	Seasonal Fruit and Vegetable Platters are offered at morning tea and afternoon tea. This is in addition to the mid meal items listed on the menu above. Examples of offerings include apricots, bananas, grapes, mango, nectarines, peaches, oranges, capsicum and cucumber.				
Water	Water is to be offered at all meals and made available freely throughout the day				
Infants (eating solids)	Breast milk, infant formula and cooled boiled tap water are the only drinks to be provided to infants under 12 months of age From approximately 6 months, age-appropriate solid foods are offered				
ALLERGIES	Egg, milk, wheat, fish - Children with food allergies and intolerances are provided with suitable nutritious alternatives.				

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain Toast with Ricotta, Berry Good Jam & Sliced Bananas	Oat-So-Fruity Smoothie (Mixed Fruit, Yoghurt & Oat Smoothie)	Wholegrain Toast With Spinach & Baked Beans Served With Glass Of Milk	Banana-Rama Oaty Shake (Banana, Yoghurt & Oat Smoothie)	Wholegrain Cereal Flakes With Milk & Fresh Fruit
Morning Tea	Seeded Wholegrain Crackers with Cheese & Fresh Fruit	Wholemeal Corn & Light Cream Cheese Pinwheels	Wholegrain Brown Rice Cakes with Ricotta & Blueberries	Crunch & Munch Rainbow Snack Plate (Seeded Wholegrain Crackers with Cheese, Veggie Sticks & Hummus)	Wholemeal English Muffins with Cottage Cheese & Banana
Lunch	Main Option Warm Lamb Salad with Wholegrain Bread	Cantonese Beef Stir Fry With Vegetables And Brown Rice	Wholemeal Lamb & Hummus Pita with Broccoli & Cabbage Slaw	Fried Brown Rice with Chicken and Vegetables	Grilled Fish With Baked Chips & Salad
	Vegetarian Option Warm Lentil Salad with Wholegrain Bread	Cantonese Tofu Stir Fry With Vegetables And Brown Rice	Wholemeal Chickpea & Hummus Pita with Broccoli & Cabbage Slaw	Fried Brown Rice with Tempeh and Vegetables	Grilled Tofu With Baked Chips & Salad
Afternoon Tea	Homemade Wholemeal Pumpkin Muffins with Light Cream Cheese	Parfait Party (Greek Yoghurt with Fruit & Natural Muesli)	Homemade Wholemeal Date Loaf with Cucumber & Carrot Sticks	Wholemeal Pikelets with Ricotta & Fruit	Zucchini Slice with Hummus
Late Snack	Veggie Sticks with Cheese	Wholegrain Corn Thins with Ricotta & Avocado Smash	Wholegrain English Muffins Topped With Cottage Cheese & Sliced Tomato	Multigrain Rice Crackers With Hummus	Wholemeal Cheese Sandwich with Veggie Sticks
Extras	Seasonal Fruit and Vegetable Platters are offered at morning tea and afternoon tea. This is in addition to the mid meal items listed on the menu above. Examples of offerings include apricots, bananas, grapes, mango, nectarines, peaches, oranges, capsicum and cucumber.				
Water	Water is to be offered at all meals and made available freely throughout the day				
Infants (eating solids)	Breast milk, infant formula and cooled boiled tap water are the only drinks to be provided to infants under 12 months of age From approximately 6 months, age-appropriate solid foods are offered				
ALLERGIES	Egg, milk, wheat, fish - Children with food allergies and intolerances are provided with suitable nutritious alternatives.				

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain Cereal Flakes With Milk & Fresh Fruit	Wholegrain Toast with Ricotta, Berry Good Jam & Sliced Bananas	Oat-So-Fruity Smoothie (Mixed Fruit, Yoghurt & Oat Smoothie)	Wholegrain Toast With Spinach & Baked Beans Served With Glass Of Milk	Banana-Rama Oaty Shake (Banana, Yoghurt & Oat Smoothie)
Morning Tea	Crunch & Munch Rainbow Snack Plate (Seeded Wholegrain Crackers with Cheese, Veggie Sticks & Hummus)	Wholegrain Brown Rice Cakes with Ricotta & Strawberries	Wholemeal Zucchini & Hummus Pinwheels	Wholemeal Crumpets with Ricotta & Blueberries	Wholemeal English Muffins with Cottage Cheese & Stewed Apples
Lunch	Main Option Mexican Fish Fiesta (Wholemeal Fish Tacos With Cabbage Slaw & Salsa)	Lamb Ratatouille with Brown Rice	Wholegrain Chicken and Cheese Sandwich With Vegetable Sticks	Wholemeal Pasta With Lamb, Chickpeas, Cabbage, Spinach, Capsicum & Tomato	Beef Souvlaki with Greek Salad In Whole meal Flat bread
	Vegetarian Option Wholemeal Chickpea Tacos With Cabbage Slaw & Salsa	Chickpea Ratatouille with Brown Rice	Wholegrain Hummus and Cheese Sandwich With Vegetable Sticks	Wholemeal Pasta Salad With Chickpeas, Cabbage, Spinach, Capsicum & Tomato	Black Bean Souvlaki with Greek Salad In Wholemeal Flatbread
Afternoon Tea	Wholemeal Pikelets with Ricotta & Fruit	Homemade Wholemeal Carrot Muffins with Light Cream Cheese	Parfait Party (Greek Yoghurt with Fruit & Natural Muesli)	Homemade Wholemeal Date Loaf with Capsicum & Celery	Homemade Wholemeal Tomato & Cheese Scones
Late Snack	Wholemeal Cheese Sandwich with Veggie Sticks	Veggie Sticks with Cheese	Wholegrain Corn Thins with Ricotta & Avocado Smash	Wholegrain English Muffins Topped With Cottage Cheese & Sliced Tomato	Multigrain Rice Crackers with Hummus

Extras

Seasonal Fruit and Vegetable Platters are offered at morning tea and afternoon tea. This is in addition to the mid meal items listed on the menu above. Examples of offerings include apricots, bananas, grapes, mango, nectarines, peaches, oranges, capsicum and cucumber.

Water

Water is to be offered at all meals and made available freely throughout the day

Infants (eating solids)

Breast milk, infant formula and cooled boiled tap water are the only drinks to be provided to infants under 12 months of age From approximately 6 months, age-appropriate solid foods are offered

ALLERGIES

Egg, milk, wheat, soy, fish - Children with food allergies and intolerances are provided with suitable nutritious alternatives.

Notes

Breakfast cereals are to be low in added sugars (less than 15g sugar per 100g if dried fruit is not an ingredient, less than 25g sugar per 100g if dried fruit is an ingredient).

At least 2 - 3 different types of fruit are to be provided each day and at least 5 different types each week

At least 2 - 3 different types of vegetables and/or legumes are to be provided per day and at least 5 different types per week

Full fat varieties of milk, yoghurt, cheese and alternatives should be used for children less than 2 years. Reduced fat milk, yoghurt, cheese and alternatives are suitable for children over 2 years of age. Skim milk must not be provided.