

WEEK 1		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST		Wholegrain Cereal Flakes with Milk and Fresh Fruit	Wholegrain Toast with Cheese & Sliced Tomato	Fruit, Yoghurt & Oat Smoothies	Wholemeal Ricotta & Banana Pancakes Served with Fresh Fruit	Wholemeal Toast with Ricotta & Berry Good Jam
MORNING TEA	FOOD	Fruit & Seed Wholegrain Oat Crumble with Greek Yoghurt	Wholegrain Crackers with Cheese, Veggie Sticks & Hummus	Wholemeal Sourdough Toast with Ricotta & Cherry Tomatoes	Toasted Muesli with Milk and Banana	Avocado Choc Mousse with Banana Slices & Natural Muesli
LUNCH	FOOD	Wholegrain Chow Mein with Beef and Vegetables	Teriyaki Fish with Brown Rice and Steamed Vegetables	Chicken & Vegetable Stir-Fry with Green Peas & Brown Rice	Veggie-Loaded Beef & Quinoa Shepherd's Pie with Potato Topping	Veggie-Packed Lamb & Broccoli Stew Served with Quinoa & Brown Rice
	VEGETARIAN OPTION	Wholegrain Chow Mein with Tempeh and Vegetables	Teriyaki Tofu with Brown Rice and Steamed Vegetables	Black Bean & Vegetable Stir-Fry with Green Peas & Brown Rice	Veggie-Loaded Lentil & Quinoa Shepherd's Pie with Potato Topping	Veggie-Packed Chickpea & Broccoli Stew Served With Quinoa & Brown Rice
AFTERNOON TEA	FOOD	Veggie Sticks & Cheesy Sweet Potato Spinach Slice with Tzatziki	Wholemeal Pancakes with Ricotta and Blueberries	Porridge With Fresh Fruit	Veggie Sticks & Warm Beetroot Cake with Ricotta	Spinach, Rice & Veggie Slice with Cheese and Tomato
LATE SNACK		Multigrain Crackers with Cheese	Wholegrain Rice Crackers with Hummus	Wholemeal Cheese Sandwiches with Veggie Sticks	Wholegrain Rice Crackers with Hummus	Multigrain Crackers 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 apples, bananas, grapes, pears, rockmelon, watermelon, oranges, capsicum and cucumber.				
DRINKS		Water is to be offered at all meals and made available freely throughout the day. Water and milk are to be offered at mid meals.				
INFANTS (EATING SOLIDS)		Breast milk and/or 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. Continue breastfeeding or infant formula whilst foods are introduced.				
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		Wholemeal Toast with Ricotta & Berry Good Jam	Wholemeal Ricotta & Banana Pancakes Served with Fresh Fruit	Wholegrain Cereal Flakes with Milk and Fresh Fruit	Fruit, Yoghurt & Oat Smoothies	Wholegrain Toast with Avo & Ricotta Served with Cherry Tomatoes
MORNING TEA	FOOD	Toasted Muesli with Milk and Banana	Seed & Wholegrain Crackers and Cheese & Veggie Sticks (Carrots, Celery, Cucumber)	Porridge With Fresh Fruit	Wholemeal Pancakes with Yoghurt and Blueberries	Toasted Muesli with Milk and Banana
LUNCH	FOOD	Moroccan Lamb with Quinoa, Brown Rice and Peas	Beef & Mushroom Bolognese with Wholemeal Pasta	Chicken, Mushroom & Pea Casserole with Quinoa, Brown Rice & Corn Kernels	Tandoori Lamb with Wholemeal Naan Bread & Tomato & Cucumber Salsa	Baked Fish with Brown Rice and Asian Vegetables
	VEGETARIAN OPTION	Moroccan Lentils with Quinoa, Brown Rice and Peas	Lentil & Mushroom Bolognese with Wholemeal Pasta	Black Bean, Mushroom & Pea Casserole with Quinoa, Brown Rice & Corn Kernels	Tandoori Tofu with Wholemeal Naan Bread & Tomato & Cucumber Salsa	Tempeh With Brown Rice and Asian Vegetables
AFTERNOON TEA	FOOD	Spinach, Rice & Veggie Slice with Cheese and Tomato	Fresh Fruit with Greek Yoghurt	Wholegrain Crackers and Cheese & Veggie Sticks (Carrots, Celery, Cucumber)	Cheesy Sweet Potato Spinach Slice with Hummus	Warm Beetroot Cake with Ricotta
LATE SNACK		Multigrain Crackers with Cheese	Wholemeal Cheese Sandwiches with Veggie Sticks	Wholemeal Cheese Sandwiches with Veggie Sticks	Multigrain Crackers with Cheese	Wholegrain 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 apples, bananas, grapes, pears, rockmelon, watermelon, oranges, capsicum and cucumber.				
DRINKS		Water is to be offered at all meals and made available freely throughout the day. Water and milk are to be offered at mid meals.				
INFANTS (EATING SOLIDS)		Breast milk and/or 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. Continue breastfeeding or infant formula whilst foods are introduced.				
ALLERGIES		Egg, milk, wheat, soy, fish - Children with food allergies and intolerances are provided with suitable nutritious alternatives.				

WEEK 3		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST		Wholemeal Toast with Ricotta & Berry Good Jam	Fruit, Yoghurt & Oat Smoothies	Wholegrain Cereal Flakes with Milk and Fresh Fruit	Wholegrain English Muffins with Cheese & Tomato	Wholemeal Ricotta & Banana Pancakes Served with Fresh Fruit
MORNING TEA	FOOD	Toasted Muesli with Milk and Banana	Wholegrain Crackers and Cheese & Veggie Sticks (Carrots, Celery, Cucumber)	Porridge With Fresh Fruit	Wholemeal Sourdough Toast with Smashed Avocado, Ricotta & Cherry Tomatoes, Served with Fruit Platter	Fresh Fruit with Greek Yoghurt
LUNCH	FOOD	Wholemeal Beef Burrito, Cauliflower Rice, Brown Rice and Tomato Salsa	Fish Bake & Rainbow Veggie Quinoa & Brown Rice	Beef Chilli Con Carne with Brown Rice & Yoghurt Cucumber Tzatziki	Asian-Style Marinated Chicken Served with Brown Rice and Steamed Vegetables	Lamb And Mushroom Bolognese with Wholemeal Pasta
	VEGETARIAN OPTION	Wholemeal Black Bean Burrito, Cauliflower Rice, Brown Rice & Tomato Salsa	Tofu & Rainbow Veggie Quinoa & Brown Rice	Chickpea Chilli Con Carne with Brown Rice & Yoghurt Cucumber Tzatziki	Asian-Style Marinated Tofu Served with Brown Rice and Steamed Vegetables	Wholemeal Mushroom & Lentil Bolognese with Wholegrain Pasta
AFTERNOON TEA	FOOD	Wholefood Bean & Oat Pikelets with Ricotta	Avocado Choc Mousse with Banana Slices	Cheesy Sweet Potato Spinach Slice with Tzatziki & Veggie Sticks	Spinach, Brown Rice & Veggie Slice with Cheese and Tomato	Veggie Sticks & Warm Beetroot Cake with Ricotta
LATE SNACK		Wholegrain Rice Crackers with Hummus	Wholemeal Cheese Sandwiches with Veggie Sticks	Multigrain Crackers with Cheese	Wholegrain Rice Crackers with Hummus	Wholemeal Cheese Sandwiches 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 apples, bananas, grapes, pears, rockmelon, watermelon, oranges, capsicum and cucumber.				
DRINKS		Water is to be offered at all meals and made available freely throughout the day. Water and milk are to be offered at mid meals.				
INFANTS (EATING SOLIDS)		Breast milk and/or 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. Continue breastfeeding or infant formula whilst foods are introduced.				
ALLERGIES		Egg, milk, wheat, soy, fish - Children with food allergies and intolerances are provided with suitable nutritious alternatives.				

WEEK 4		Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST		Fruit, Yoghurt & Oat Smoothies	Wholemeal Ricotta & Banana Pancakes Served with Fresh Fruit	Wholegrain Cereal Flakes with Milk and Fresh Fruit	Wholemeal Toast with Ricotta & Berry Good Jam	Wholegrain Toast with Avo & Ricotta Served with Cherry Tomatoes
MORNING TEA	FOOD	Fruit & Seed Wholegrain Oat Crumble with Greek Yoghurt	Wholegrain Toast with Ricotta & Grilled Tomato	Fresh Fruit with Greek Yoghurt & Natural Muesli	Wholegrain Crackers and Cheese & Veggie Sticks (Carrots, Celery, Cucumber)	Porridge with Fresh Fruit
LUNCH	FOOD	Lamb, Mushroom & Broccoli Stroganoff with Mash Potato	Fried Brown Rice with Beef & Vegetables	Butter Chicken Curry with Vegetables Served on Brown Rice	Tuna Pasta with Steamed Vegetables	Beef and Vegetable Stir Fry with Noodles
	VEGETARIAN OPTION	Lentil, Mushroom & Broccoli Stroganoff with Mash Potato	Fried Brown Rice with Tofu & Vegetables	Chickpea Curry with Vegetables Served on Brown Rice	Wholegrain Pasta and Lentil Tomato Sauce with Steamed Vegetables	Tofu and Vegetable Stir Fry with Noodles
AFTERNOON TEA	FOOD	Wholefood Bean & Oat Pikelets with Ricotta	Avocado Choc Mousse with Banana Slices	Spinach, Rice & Veggie Slice with Cheese and Tomato	Toasted Muesli with Milk and Banana	Cheesy Sweet Potato Spinach Slice with Hummus
LATE SNACK		Multigrain Crackers with Cheese	Wholegrain Rice Crackers with Hummus	Wholemeal Cheese Sandwiches with Veggie Sticks	Wholegrain Rice Crackers with Hummus	Multigrain Crackers 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 apples, bananas, grapes, pears, rockmelon, watermelon, oranges, capsicum and cucumber.				
DRINKS		Water is to be offered at all meals and made available freely throughout the day. Water and milk are to be offered at mid meals.				
INFANTS (EATING SOLIDS)		Breast milk and/or 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. Continue breastfeeding or infant formula whilst foods are introduced.				
ALLERGIES		Egg, milk, wheat, soy, fish - Children with food allergies and intolerances are provided with suitable nutritious alternatives.				