

Spring/Summer Menu

Week 1



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk
MORNING TEA	15mths-5yrs	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers
	Infants	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal
LUNCH	15mths-5yrs	Kangaroo Sausage Rolls with Moroccan Couscous DF EF	Salad Wraps and Assorted Sandwiches DF EF V	Beef and Bean Pasta with Vegetables DF EF	Baked Ricotta, Tomato and Spinach Pasta EF V	Chicken and Mushroom Risotto DF EF
	Alternative Diets	Vegan Sausage Rolls w/ Moroccan Couscous V		Tempeh and Bean Pasta with Vegetables V	Baked Tofu, Tomato and Spinach Pasta DF	Tofu and Mushroom Risotto V
	Infants	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes
AFTERNOON TEA	15mths-5yrs	English Muffins and Raisin Toast DF EF V	Cheese, Apple, Assorted Crackers and Dried Fruits EF V	Yoghurt and Raisin Toast EF V	Vegemite and Cheese Scrolls EF V	Rice Cakes with Cream Cheese and Tomato or Vegemite EF V
	Alternative Diets		Bio-Cheese, Apple, Assorted Crackers and Dried Fruits DF	Coconut Yoghurt and Raisin Toast DF	Vegemite and Bio-Cheese Scrolls DF	Rice Cakes w/ Bio-Cheese and Tomato or Vegemite DF
	Infants	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice
LATE SNACK		Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers

DF: Dairy Free, **EF:** Egg Free, **V:** Vegetarian. Special dietary requirements are catered for where feasible.

This menu has been designed to meet the nutritional Guidelines for Children in Childcare Centers. If you would like further information regarding the menu, please see our Cook or Director.

Children have access to water throughout the day, including mealtimes.

Fruit is a combination of three to five seasonal fresh.

Salad Wraps and Assorted Sandwiches will consist of a variety of different salads, protein, and spreads such as carrot, lettuce, tomato, beetroot, chicken, ham, turkey, tuna, vegemite, and honey.

Spring/Summer Menu

Week 2



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk
MORNING TEA	15mths-5yrs	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers
	Infants	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal
LUNCH	15mths-5yrs	Salad Wraps and Assorted Sandwiches DF EF V	Porcupine Meatballs with Rice and Steamed Vegetables DF EF	Spaghetti Bolognaise with hidden Vegetables DF EF	Chicken and Corn Summer Noodle Soup DF EF	Three Vegetable Cheesy Macaroni EF V
	Alternative Diets		Vegan Meatballs with Rice and Vegetables V	Vegan Mushroom Spaghetti Bolognaise V	Tempeh and Corn Summer Noodle Soup V	Creamy Vegan Pumpkin Macaroni DF
	Infants	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes
AFTERNOON TEA	15mths-5yrs	Yoghurt and Raisin Toast EF V	Crumpets and Raisin Toast DF EF V	Turkish Bread with Hummus and Tzatziki Dip and Cheese V	Oats and Rice Fruit Muesli Slice DF EF V	Zesty Blueberry Muffins DF EF V
	Alternative Diets	Coconut Yoghurt and Raisin Toast DF		Turkish Bread, Hummus and Bio-Cheese DF EF		
	Infants	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice
LATE SNACK		Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers

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Spring/Summer Menu

Week 3



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk
MORNING TEA	15mths-5yrs	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers
	Infants	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal
LUNCH	15mths-5yrs	Beef and Broccoli Noodles DF EF	Creamy Chicken Carbonara	Salad Wraps and Assorted Sandwiches DF EF V	Ham & Pineapple, Chicken & Mushroom and Vegetarian Pizzas DF EF V	Tuna and Rice Casserole with Peas DF EF
	Alternative Diets	Falafel and Broccoli Noodles V	Vegan Mushroom Carbonara DF EF V			Chickpea and Rice Casserole with Peas V
	Infants	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes
AFTERNOON TEA	15mths-5yrs	Tasty Cheese Scones EF V	Crispbread with Ricotta Cheese and Cucumber or Vegemite EF V	Yoghurt with Peach and Pear Crumble EF V	Cheese, Apple, Assorted Crackers and Dried Fruits EF V	English Muffins and Raisin Toast DF EF V
	Alternative Diets	Bio-Cheese Scones DF	Crispbread w/ Bio-Cheese & Cucumber or Vegemite DF	Coconut Yoghurt with Peach & Pear Crumble DF	Bio-Cheese, Apple, Assorted Crackers and Dried Fruits DF	
	Infants	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice
LATE SNACK		Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers

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Spring/Summer Menu

Week 4



		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk	Assorted Cereal Milk
MORNING TEA	15mths-5yrs	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers	Fruit Platter with Rice Crackers
	Infants	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal	Seasonal Fruit Puree w/ Semolina or Baby Cereal
LUNCH	15mths-5yrs	Salad Wraps and Assorted Sandwiches DF EF V	Sweet Potato and Mascarpone Pasta Bake V	Chili Con Carne with Rice and Corn Salad DF EF	Chicken Tikka Masala with Rice DF EF	Chicken Meatballs with Roasted Vegetables, Gravy and Couscous DF EF
	Alternative Diets		Sweet Potato & Bio-Cheese Pasta Bake DF EF	Chili Con Tempeh with Rice and Corn Salad V	Tofu Tikka Masala with Rice V	Vegan Meatballs with Vegetables & Couscous V
	Infants	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes	Seasonal Vegetable Puree with Legumes
AFTERNOON TEA	15mths-5yrs	Turkish Bread with Hummus and Tzatziki Dip and Cheese V	Apple and Cinnamon Muffins DF EF V	Crumpets and Raisin Toast DF EF V	Cheesy Garlic Muffins and Raisin Toast EF V	Yoghurt with Fruit Salad
	Alternative Diets	Turkish Bread, Hummus and Bio-Cheese DF EF			Bio-Cheese Garlic Muffins & Raisin Toast DF	Coconut Yoghurt with Fruit Salad DF
	Infants	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice	Seasonal Vegetable Puree w/ Couscous or Rice
LATE SNACK		Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers	Oranges and Rice Crackers

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