

Winter Weekly Menu

Week One

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal: wheat bix, cornflakes and rice bubbles	Cereal: wheat bix, cornflakes and rice bubbles	Cereal: wheat bix, cornflakes and rice bubbles	Cereal: wheat bix, cornflakes and rice bubbles	Cereal: wheat bix, cornflakes and rice bubbles
Morning tea	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water
Lunch	Lamb Mansaf and Yogurt Lamb, rice, carrots, corn, Greek yoghurt, vegetable stock, rice, herbs Water provided	Vegetable stir fry Carrots, broccoli, corn, cauliflower, capsicum, soy sauce, tomato sauce, noodles, garlic. Water provided	Lamb and vegetable soup served with wholemeal bread Lamb, egg noodles, carrots, Zucchini, corn, potatoes, curry, vegetable stock, wholemeal bread Water provided	Tuna Pasta bake Tuna, pasta, tasty cheese, carrots, Zucchini, Capsicum, onion, Pasta sauce and herbs Water provided	Chicken noodle soup with wholemeal bread Egg noodles, chicken mince, vegetable stock, zucchini, carrots, wholemeal bread Water provided
Afternoon tea	Vanilla yoghurt and orange cake Milk and Water	Rice Cakes and Spreads Milk and Water	Banana muffins and custard Milk and Water	Dried fruit platter and ritz biscuits Milk and Water	Cruskits with cheese slice, cucumber and tomato Milk and Water
Late snack	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits

Water: Water is freely available throughout the day

Milk: Children under 2 years – full cream, over 2 years – reduced fat milk, other milk for intolerances/suit individual needs (soy, lactose free, breastmilk)

Infants eating solids: foods are an appropriate texture for their age (eg, puree, mashed, lumpy. Chopped, finger foods)

Allergies: Children with allergies and or food intolerances are provided with a tailored version of the regular menu to suit their individual needs.

Menu: May differ at times due to delayed deliver, items out of stock or substitutions

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Morning tea	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water
Lunch	Lentil Vegetable soup served with wholemeal bread Lentils, zucchini, carrots, potatoes, vegetable stock, onion, wholemeal bread Water provided	Lamb Mansaf and Yogurt Lamb, rice, carrots, corn, Greek yoghurt, vegetable stock, rice, herbs Water provided	Spaghetti Bolognaise Lamb, mushrooms, capsicum, carrots, Zucchini, pasta sauces, herbs and spaghetti Water provided	Chicken chow mein Chicken mince, cabbage, carrots, corn, vegetable stock, egg noodles, wholemeal bread Water provided	Tuna pasta bake Tuna, capsicum, carrots, zucchini, pasta sauce, herbs, cheese. Water provided
Afternoon tea	Salada served with cheese slice Milk and Water	Orange and apple slice served with vanilla yoghurt Milk and Water	Dried fruit platter and rice crackers Milk and Water	Corn kernels and carrot sticks served with houmous Milk and Water	Zucchini apple carrot slice and custard Milk and Water
Late snack	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits

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Morning tea	Fresh seasonal fruit platter	Fresh seasonal fruit platter	Fresh seasonal fruit platter	Fresh seasonal fruit platter	Fresh seasonal fruit platter
Lunch	Shepherd's pie Lamb, carrots, peas, onion, vegetable stock, potato, tasty cheese, sauce, herbs Water provided	Vegetable noodle soup Egg noodles, vegetable stock, carrots, zucchini, potato, corn Water provided	Butter chicken with rice. Chicken mince, broccoli, carrots, mushrooms, rice, butter chicken sauce, Water provided	Tuna spaghetti Tuna, spaghetti, pasta sauce, herbs, carrots, zucchini, capsicum, onion Water provided	Lamb and pea soup with rice Lamb, peas, potato, carrot, tomato paste, garlic, rice, egg noodles Water provided
Afternoon tea	Dried fruit and custard Milk and Water	Banana bread Milk and Water	Variety of dips and pita bread Milk and Water	Rice cakes and spreads Milk and Water	Corn kernels and carrot sticks and crackers Milk and Water
Late snack	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits

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Morning tea	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water	Fresh seasonal fruit platter Milk and Water
Lunch	Tuna spaghetti Tuna, spaghetti, pasta sauce, onions, herbs, carrots, zucchini, capsicum Water provided	Mixed sandwiches Lettuce, carrots, cheese, mayonnaise, vegemite, jam, tuna Water provided	Chicken corn soup With wholemeal bread Chicken mince, corn kernels, potato, creamed corn, vegetable stock, wholemeal bread Water provided	Fasoolia served with rice Lamb, cannellini beans, tomato paste, garlic, rice, egg noodles Water provided	Minestrone soup Lamb, onion, crushed tomatoes, herbs, pasta, frozen peas, carrots, vegetable stock. Water provided
Afternoon tea	Banana bread and vanilla yoghurt Milk and Water	Cruskits and spreads Milk and Water	Savoury and cheese platter with cucumber Milk and Water	Variety of dips and pita bread Milk and Water	Dried fruit and carrot sticks Milk and Water
Late snack	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits	A selection of savory biscuits

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