

WEEKLY AUTUMN MENU

<i>Week 1</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal: Weet-Bix, Nutri grain & Rice Bubbles				
MORNING TEA	Fresh Fruit Platter & English Muffins				
LUNCH <i>(All served with vegetables)</i>	Potato Dahl <i>(Potato, onion, spices)</i>	Sweet & Sour Chicken & Rice <i>(Capsicum, beans, corn, peas)</i>	Lamb Goulash with mash <i>(Broccoli, cauliflower, carrot, peas and corn)</i>	Butter Chicken & Rice <i>(tomato, onion, cream)</i>	Pumpkin Soup & Garlic Bread <i>(pumpkin & onion)</i>
AFTERNOON TEA	Sultana Shortbread <i>(water/milk)</i>	Apple Scrolls <i>(water/milk)</i>	Zucchini Scrolls <i>(water/milk)</i>	Mediterranean Pizza <i>(capsicum, fetta, tomato base)</i> <i>(water/milk)</i>	Chocolate Biscuits <i>(water/milk)</i>
LATE SNACK	Fruit yogurt bowl with rice cakes				

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 (egg, 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

WEEKLY AUTUMN MENU

<i>Week 2</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal: Weet-Bix, Nutri grain & Rice Bubbles				
MORNING TEA	Fresh Fruit Platter & wholemeal toast with spreads				
LUNCH <i>(All served with vegetables)</i>	Spinach & Ricotta Pasta (spinach, onion & cheese)	Mongolian Lamb & Cous Cous (tomato, carrot, corn, spices)	Fish Tacos (lettuce, tomato & cheese)	Swedish Meatballs & Rice (carrot & onion)	Chicken Katsu Curry (carrot, potato & peas)
AFTERNOON TEA	Grazing Plate (Carrots, cheese, capsicum cucumber, sultanas & crackers) (water/milk)	Mixed Berry Cake (water/milk)	Banana Muffins (water/milk)	Pizza Scrolls & Fetta Scrolls (water/milk)	Fruit & Custard (water/milk)
LATE SNACK	Cheese and vegetable triangles (wholemeal)				

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WEEKLY AUTUMN MENU

<i>Week 3</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal: Weet-Bix, Nutri grain and Rice Bubbles				
MORNING TEA	Fresh Fruit Platter & English Muffins				
LUNCH <i>(All served with vegetables)</i>	Pasta Veggie Bake <i>(broccoli, cauliflower, beans, corn & peas)</i>	Shepards Pie <i>(carrot, corn and peas)</i>	Mango Chicken Curry <i>(carrot, peas & spices)</i>	Lamb Koftas <i>(onion, carrot, corn & peas)</i>	Chicken Boscaiola Pasta <i>(onion & peas)</i>
AFTERNOON TEA	Savoury Platter <i>(Cheese, crackers, dried apples, banana chips & cucumbers) (water/milk)</i>	Vanilla Cake <i>(water/milk)</i>	Pikelets <i>(water/milk)</i>	Anzac Biscuits <i>(water/milk)</i>	Cheese & Crackers <i>(water/milk)</i>
LATE SNACK	Fruit yogurt bowl with rice cakes				

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

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WEEKLY AUTUMN MENU

<i>Week 4</i>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereal: Weet-Bix, Nutri grain and Rice Bubbles				
MORNING TEA	Fresh Fruit Platter & wholemeal toast with spreads				
LUNCH <i>(All served with vegetables)</i>	Fried Rice & Vegetables (peas, corn, beans & capsicum)	Chicken Chow Mein (cabbage, corn & beans)	Spaghetti Bolognese (carrot, corn & peas)	Japanese Chicken Curry (broccoli, capsicum, carrot, corn beans & peas)	Assorted Pizzas (Pineapple, fetta, capsicum & cheese with tomato base)
AFTERNOON TEA	Choc Chip Cupcakes (water/milk)	Apple Crumble (water/milk)	Dried Fruit & Crackers & Dip (water/milk)	Vanilla Yoghurt & Fruit (water/milk)	Strawberry Cupcakes (water/milk)
LATE SNACK	Cheese and vegetable triangles (wholemeal)				

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