

## Week 1

Breakfast – Breakfast is available daily from 6:30am – 7:30am. Children can choose from: Toast with vegemite, raisin toast or Weetbix all served with milk or water

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	<b>Fruit Salad With Yogurt</b> Canned mixed fruit	<b>Wholemeal grilled cheese toast</b> <i>Wholemeal bread</i>	<b>Fruit Platter and Milk</b> <i>Fruit – apples, bananas, oranges, watermelon, rockmelon, pineapple</i>	<b>English Muffins and Milk</b> <i>Wholemeal English muffins with vegemite</i>	<b>Fruit platter and Crackers</b>
<b>Lunch</b>	<b>Spaghetti Bolognese</b> <i>Tomato passata, mixed herbs, Vegetables include peas, corn, carrots, cauliflower and broccoli onion, tin diced tomatoes</i>	<b>Beef Tacos</b> <i>Vegetables include carrots, cauliflower, broccoli, peas and corn, canned kidney beans, tin diced tomatoes, passata sauce. Serve with lettuce, tomato and cheese</i>	<b>Ham and Salad Rolls</b> <i>Salad includes lettuce, cucumber, tomato, cheese, mayonnaise</i>	<b>Fish Fingers with salad and Bread</b> <i>Salad includes lettuce, beetroot, tinned corn, tomato, and grated cheese</i>	<b>Curried Sausages and Rice</b> <i>Vegetables include carrots, cauliflower, broccoli</i>
<b>Afternoon Tea</b>	<b>Mixed Sandwiches</b> <i>Wholemeal bread with Vegemite or Cream Cheese fillings.</i>	<b>Fruit Platter with dip Crackers</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon</i>	<b>Raisin Bread</b> <i>Wholemeal raisin bread with butter</i>	<b>Fresh and Dried Fruit Platter with pretzels</b> <i>Fruit – apples, bananas, oranges, watermelon, rockmelon, pineapple, sultanas and dried cranberries and apricot</i>	<b>Sultana Cake and Custard</b>

All meals are served with all ingredients separated to allow children to make choices about what they would like to eat and educators encourage and support all children's choices.

Second option will be available if children do not like or choose to eat what is served at lunch time, this will either be fresh fruit or sandwich (depending on what is served throughout the day)

Late Snack – Fresh Fruit and Rice Crackers are served in the afternoon around 5pm

Infants – Each meal is prepared in an age appropriate manner (e.g. mashed, cut into smaller sizes). We offer a range of pureed fruits, vegetables and accommodate all children's needs

Dietary requirements/allergies – Children with allergies or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

**Children are served water at every meal time and have access to water all throughout the day**



## Week 2

Breakfast – Breakfast is available daily from 6:30am – 7:30am. Children can choose from: Toast with vegemite, raisin toast or Weetbix all served with milk or water

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	<b>Peaches and Yogurt</b> <i>Canned peaches and yogurt</i>	<b>English Muffins with Jam and Milk</b> <i>Wholemeal English muffins</i>	<b>Fruit Platter &amp; Biscuits</b> <i>apples, bananas, oranges, watermelon, pineapple, rockmelon</i>	<b>Raisin Toast and Milk</b> <i>Wholemeal bread</i>	<b>Fruit Platter and Milk</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon</i>
<b>Lunch</b>	<b>Beef Burgers</b> Pre made beef patties, Salad includes lettuce, cheese and tomato	<b>Chicken Fingers, Salad and Bread</b> <i>Salad includes lettuce, tomatoes, cheese, beetroot.</i>	<b>Chilli Con Carne with rice and corn chips</b> <i>onion, canned diced tomato, kidney beans, Passata tomato sauce, peas, corn, carrots, rice, sour cream</i>	<b>Lentil Bolognese</b> <i>Lentils, onion, canned diced tomato, Passata tomato sauce, peas, corn, carrots, cauliflower and broccoli</i>	<b>Rissoles, Salad and Bread</b> <i>Premade rissoles, Salad includes lettuce, tinned corn, tomatoes, cheese, beetroot.</i>
<b>Afternoon Tea</b>	<b>Saos with Vegemite</b>	<b>Fresh and dried fruit platter with crackers</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon. Dried apricot and sultanas. Plain or cheese Rice Crackers</i>	<b>Cheese Sandwiches</b>	<b>Fruit Platter and Custard</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon</i>	<b>Crackers, cheese and dip</b>

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**Late Snack** – Rice Crackers are served in the afternoon around 5pm

**Infants** – Each meal is prepared in an age appropriate manner (e.g. mashed, cut into smaller sizes). We offer a range of pureed fruits, vegetables and accommodate all children's needs

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## Week 3

Breakfast – Breakfast is available daily from 6:30am – 7:30am. Children can choose from: Toast with vegemite, raisin toast or Weetbix all served with milk or water

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	<b>Fruit Salad and Yogurt</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon</i>	<b>Fruit Platter and biscuits</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon</i>	<b>Vegemite on Toast</b>	<b>Fresh and Dried Fruit Platter with Milo Milkshakes</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon. Dried apricot and sultanas.</i>	<b>Raisin Toast and Milk</b> <i>Wholemeal bread</i>
<b>Lunch</b>	<b>Beef Ravioli</b> <i>peas, corn, carrots, cauliflower and broccoli</i>	<b>Beef Pasta Bake</b> <i>onion, canned diced tomato, Passata tomato sauce, peas, corn, carrots</i>	<b>Spaghetti and Meatballs</b> <i>peas, corn, carrots, cauliflower and broccoli</i>	<b>Chicken Burgers</b> <i>Lettuce, Cheese, mayonnaise</i>	<b>Roast Beef Sandwiches</b> <i>Lettuce, cheese, tomato, cucumber</i>
<b>Afternoon Tea</b>	<b>Vitaweed and cream cheese</b>	<b>Mixed sandwiches</b>	<b>Fruit Platter and Custard</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon.</i>	<b>Vegemite Squares</b>	<b>Banana Bread and Dried Fruit</b> <i>Dried apricots, cranberries and sultanas</i>

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**Late Snack** – Fresh Fruit and Rice Crackers are served in the afternoon around 5pm

**Infants** – Each meal is prepared in an age appropriate manner (e.g. mashed, cut into smaller sizes). We offer a range of pureed fruits, vegetables and accommodate all children's needs

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## Week 4

Breakfast - Breakfast – Breakfast is available daily from 6:30am – 7:30am. Children can choose from: Toast with vegemite, raisin toast or Weetbix all served with milk or water

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	<b>Peaches and Yogurt</b> <i>Canned peaches and Vanilla Yogurt</i>	<b>Grilled Cheese on Toast</b> <i>Wholemeal bread</i>	<b>Fruit Platter and Milo Milkshakes</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon</i>	<b>English Muffins with Jam</b> <i>Wholemeal English muffins</i>	<b>Raisin Toast and Milk</b> <i>Wholemeal bread</i>
<b>Lunch</b>	<b>Beef Ravioli</b> <i>Tinned diced tomatoes, carrots, peas, corn, onion</i>	<b>Beef Nachos</b> <i>onion, canned diced tomato, Passata tomato sauce, peas, corn, carrots</i>	<b>Chicken and Salad Wraps</b> <i>Salad includes lettuce, tomatoes, cheese, beetroot.</i> Wholemeal wraps	<b>Beef Stroganoff with wholemeal pasta</b> Beef, Vegetables include, carrots, peas, corn, onion	<b>Chicken Rissoles, Salad and Bread</b> <i>Salad includes lettuce, tomatoes, cheese, beetroot.</i>
<b>Afternoon Tea</b>	<b>Cream Cheese Squares</b> <i>Wholemeal bread</i>	<b>Fruit Platter and Crackers</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon.</i> <i>Plain or cheese rice crackers</i>	<b>Crackers, Cheese slices, Dip and Sultanas</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon, sultanas. Plain or cheese Rice Crackers</i>	<b>Fresh Fruit Platter and milk</b> <i>Fruit – apples, bananas, oranges, watermelon, pineapple, rockmelon.</i> <i>Plain or cheese Rice Crackers</i>	<b>Rice Cakes and vegemite with Apple Slices.</b>

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**Late Snack** – Fresh Fruit and Rice Crackers are served in the afternoon around 5pm

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