



# Week 1

Time	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b> 7am – 8am	Cereal (weetbix, Sultana Bran and Cheerios) Wholemeal Oats)	Cereal (weetbix, Sultana Bran and Cheerios) Wholemeal Oats)	Cereal (weetbix, Sultana Bran and Cheerios) Wholemeal Oats)	Cereal (weetbix, Sultana Bran and Cheerios) Wholemeal Oats)	Cereal (weetbix, Sultana Bran and Cheerios) Wholemeal Oats)
<b>Morning Tea</b> 9.30am	Seasonal fruit platter with baked beans and wholemeal bread. (Milk/Water)	Seasonal fruits and vegetables platter with Raisin toast. (Milk/Water)	Seasonal fruit platter with Greek Yoghurt. (Milk/Water)	Seasonal fruits and vegetables platter with Cheesy English wholemeal muffins. (Milk/Water)	Seasonal fruit smoothie with assorted toasts. (Milk/Water)
<b>Morning Tea</b> 6 weeks – 6 months	Apple and Pear Puree	Banana and Blueberry Puree	Avocado and Banana Smash	Greek Yogurt and Apple Puree	Pear and Blueberry Puree
<b>Lunch</b> 11.30am	Assorted vegetable pizza with garlic bread (water)	Lamb kofta with roasted vegetables <b>Alternative:</b> Vegetarian kofta with roasted vegetables. (Water)	Tuna bakes with brown rice <b>Alternative:</b> Spinach and Lentil bake with brown rice. (water)	Grill Chicken and salad wholemeal wraps. <b>Alternative:</b> Vegetable falafel and salad wholemeal wrap (Water)	Butter Chicken with brown rice <b>Alternative:</b> Vegetable korma with brown rice. (Water)
<b>Lunch Tea</b> 6 weeks – 6 months	Lunch Puree without meat	Lunch Puree without meat	Lunch Puree without meat	Lunch Puree without meat	Lunch Puree without meat
<b>Dessert</b>	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter	Seasonal Fruit Platter
<b>Afternoon Tea</b> 2.30pm	Pumpkin Scones with seasonal fruit platter (Milk/Water)	Banana Bread (wholemeal flour) and Oranges (Milk/Water)	Cheesy mite scrolls with assorted vegetable sticks. (Milk/Water)	Zucchini and carrot slice with seasonal fruit platter (Milk/Water)	Vegetable platter with wholemeal crackers and hummus dip. (Milk/Water)
<b>Afternoon Tea</b> 6 weeks – 6 months	Broccoli and Sweet Potato mash	Carrot and Pumpkin Mash	Zucchini and Carrot Mash	Carrot and Sweet potato Mash	Broccoli and Pumpkin Mash
<b>Late Snack</b> 4.30pm	Vita wheats with a variety of toppings	Cruskits with a variety of toppings	Salada with assorted spreads	Brown rice cakes with variety of toppings	Wholemeal Lebanese bread with toppings

- Children have access to clean drinking water all day. Water is also served at each meal
- Children under 12 Months are provided with a Pureed or Mashed serving of current menu, or pureed food as discussed with families
- Full Cream (Under 2 years) and Reduced Fat Milk (2+ Years) is served with Morning Tea and Afternoon Tea
- Allergies and food preferences are catered accordingly.