



Garfield Child Care Weekly Menu: 0-12 Months

WEEK - 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning tea Served with water	Pear Puree	Apple Puree	Peach puree	Pear puree	Apricot puree
Lunch Served with water	Chicken, potato and carrot puree OR Potato and carrot puree	Beef and pumpkin puree OR Sweet Potato and pumpkin puree	Chicken, Carrot and potato puree OR Carrot and potato puree	Red lentils with potato and pumpkin puree	Beef, sweet potato and pea puree OR sweet potato and pea puree
Afternoon Tea Served with water	Peach Puree	Apricot puree	Sweet Potato	Apple puree	Pumpkin puree
<u>Weekly Menu Summary:</u> 2 Serves White Meat.....2 Serves Red Meat.....1 Serve Vegetarian					



Garfield Child Care Weekly Menu: 0- 12 Months

WEEK - 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning tea Served with water	Apple Puree	Pear puree	Pumpkin pure	Pear puree	Peach puree
Lunch Served with water	Roast beef with potato and carrot puree OR Potato and carrot puree	Chicken with pea and Sweet potato puree OR Pea and pumpkin puree	Lamb and carrot puree OR Sweet Potato and Carrot puree	Rice with potato and pumpkin puree	Chicken, sweet potato, potato puree OR Carrot and Sweet potato, potato puree
Afternoon Tea Served with water	Peach puree	Sweet Potato	Apricot puree	Apple puree	Pumpkin puree
Weekly Menu Summary: 2 Serves White Meat.....2 Serves Red Meat.....1 Serve Vegetarian					

