

Healthy Eating

Winter Menu Week 1

	Breakfast	Morning Tea	Lunch / Vegetarian	Afternoon Tea	Late Snack
Monday	Toast or Cereal	Oven baked hash browns served with a fresh fruit plater. Full cream Milk	Lamb and Spaghetti with Vegetables served in a white sauce (cabbage, red capsicum, spring onion) <u>Vegetarian Option</u> Spaghetti with Vegetables served in a white sauce (cabbage, red capsicum, spring onion)	Toasted wholemeal bread with assorted spread with fruit plater. Full cream Milk	Crackers, and dried fruit
Tuesday	Toast or Cereal	Crispy cheese toast with vegetable sticks Full cream Milk	Chicken and Corn Soup served with garlic bread. <u>Vegetarian Option</u> Tomato soup served with garlic bread	Banana Bread and fresh fruit platter Full cream Milk	Crackers and dried fruit
Wednesday	Toast or Cereal	Oven baked potato gems served with a fresh fruit plater. Full cream Milk	Lamb and vegetable (broccoli, corn, carrot, cabbage) yellow curry with rice <u>Vegetarian Option</u> Lentil and vegetable (broccoli, corn, carrot, cabbage) yellow curry with rice	Raisin toast with fruit plater Full cream Milk	Crackers and dried fruit
Thursday	Toast or Cereal	Pineapple cake and yoghurt Full cream Milk	Spinach and mushroom risotto (Spinach and mushrooms)	Crumpets with melted cheese and vegetable sticks Full cream Milk	Crackers and dried fruit
Friday	Toast or Cereal	Spaghetti on toast served with sliced orange. Full cream Milk	Creamy chicken and vegetable (peas, carrots, corn, and broccoli) pasta soup <u>Vegetarian Option</u> Creamy vegetable (peas, carrots, corn, and broccoli) pasta soup	Blueberry Piklets served with seasonal fruit platter. Full cream Milk	Crackers and dried fruit
Water	Water is freely available throughout the day				
Infants	A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains, and milk products. Foods are an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				

Healthy Eating

Winter Menu Week 2

	Breakfast	Morning Tea	Lunch / Vegetarian	Afternoon Tea	Late Snack
Monday	Toast or Cereal	Carrot Cake and Yogurt Full cream Milk	Thai Chicken curry with vegies (carrots, corn, peas, and broccoli) and rice <u>Vegetarian Option</u> Vegetarian thai curry (carrots, corn, peas and broccoli) curry	Garlic bread served with vegetable sticks (carrot, cucumber, capsicum) served with avocado dip. Full cream Milk	Crackers and dried fruit
Tuesday	Toast or Cereal	Raisin toast with fresh fruit plater. Full cream Milk	Lentil and pumpkin soup served with Lebanese bread	Blueberry Piklets with assorted spreads and apple slices Full cream Milk	Crackers and dried fruit
Wednesday	Toast or Cereal	Zucchini slice served with seasonal fruit. Full cream Milk	Lamb shola with rice, crushed barley, and vegetables (spinach, onion, carrots, corn, and peas) <u>Vegetarian Option</u> Vegetarian shola with rice, crushed barley, and vegetables (spinach, onion, carrots, corn, and peas)	Orange cake with seasonal fruit Full cream Milk	Crackers and dried fruit
Thursday	Toast or Cereal	Baked beans with melted cheese on toast. Full cream Milk	Vegetarian noodles (cabbage, capsicum, carrot, string onion, broccoli)	English muffin toasted with capsicum, carrot, and melted cheese. Full cream Milk	Crackers and dried fruit
Friday	Toast or Cereal	Vegetable sticks with cheeses cubs, hummus dip and rice crackers Full cream Milk	Easy chicken, vegetable (peas, carrots, corn) and thin noodle soup <u>Vegetarian Option</u> Easy vegetable (peas, carrots, corn) and thin noodle soup	Pineapple cake served with fresh banana and fruit platter. Full cream Milk	Crackers and dried fruit
Water	Water is freely available throughout the day				
Infants	A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains, and milk products. Foods are an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				

Healthy Eating

Winter Menu Week 3

	Breakfast	Morning Tea	Lunch / Vegetarian	Afternoon Tea	Late Snack
Monday	Toast or Cereal	Pineapple cake with yoghurt. Full cream Milk	Lamb and Potato Curry with Rice, Kidney Beans and Potatoes <u>Vegetarian Option</u> Kidney beans and Potato Curry, served with Rice	Toasted cheese sandwiches with vegetables sticks Full cream Milk	Crackers and dried fruit
Tuesday	Toast or Cereal	Crumpets with assorted spread and orange slices Full cream Milk	Lamb fried rice with vegetables (shallots, peas, potato, broccoli, cabbage, and corn) <u>Vegetarian Option</u> Vegetarian fried rice (shallots, peas, potato, broccoli, cabbage, and corn)	English muffin pizzas (mushrooms, capsicum, grated carrot, pineapple, and melted cheese) served with vegetables sticks. Full cream Milk	Crackers and dried fruit
Wednesday	Toast or Cereal	Melted cheese between Lebanese bread toasted served with seasonal fruit platter. Full cream Milk	Chicken corn soup with garlic bread <u>Vegetarian Option</u> vegetable (corn, peas, carrot) and corn soup with garlic bread	Baked beans with melted cheese on toast with seasonal fruit Full cream Milk	Crackers and dried fruit
Thursday	Toast or Cereal	Apple cake with yoghurt Full cream Milk	Fish pieces, creamy mashed potato with freshly made garden salad. <u>Vegetarian Option</u> Falafels, creamy mashed potato with freshly made garden salad.	Raison toast served with seasonal fruit platter. Full cream Milk	Crackers and dried fruit
Friday	Toast or Cereal	Garlic bread served with vegetable sticks and avocado dip. Full cream Milk	Roasted sweet potato and carrot soup served with garlic bread	Melted cheese and vegemite pastry roll with apple slices. Full cream Milk	Crackers and dried fruit
Water	Water is freely available throughout the day				
Infants	A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains, and milk products. Foods are an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				
Allergies	Children with allergies and/or food intolerances are provided a tailored version of the regular menu to suit their individual needs				

Healthy Eating

Winter Menu Week 4

	Breakfast	Morning Tea	Lunch / Vegetarian	Afternoon Tea	Late Snack
Monday	Toast or Cereal	Raisin toast served with Yoghurt. Full cream Milk	Chicken and Vegetable (corn, carrots, peas, broccoli) Biryani <u>Vegetarian Option</u> Vegetarian (corn, carrots, peas, broccoli) biryani	Banana cake served with seasonal fruits. Full cream Milk	Crackers and dried fruit
Tuesday	Toast or Cereal	Toasted cheese sandwiches served with seasonal fruit platter. Full cream Milk	Roasted lamb mince with vegetables (capsicum mushroom carrot beans) served with Lebanese bread. <u>Vegetarian Option</u> Roasted vegetables (capsicum mushroom carrot beans) served with Lebanese bread	Mini apple and zucchini muffins served with cheese cubes and sultanas. Full cream Milk	Crackers and dried fruit
Wednesday	Toast or Cereal	Salad sliced (lettuce, carrot, corn, capsicum, cheese, tomato) wraps served with sliced oranges. Full cream Milk	Minestrone vegetarian (broccoli, corn, carrot, cabbage, peas) soup with mini pasta served with garlic bread.	Blueberry Piklets with assorted spread and fruit platter Full cream Milk	Crackers and dried fruit
Thursday	Toast or Cereal	Toasted wholemeal bread with assorted spread with seasonal fruits. Full cream Milk	Lamb and vegetable (peas, corn, broccoli) shepherd's pie, served with garden salad. <u>Vegetarian Option</u> Vegetarian (peas, corn, broccoli) shepherd's pie, served with garden salad.	Banana bread served with fruit platter. Full cream Milk	Crackers and dried fruit
Friday	Toast or Cereal	Pineapple cake served with yoghurt Full cream Milk	Fish pieces, creamy mashed potato served with mixed vegetables. (Corn, zucchini, carrot, peas) <u>Vegetarian Option</u> Falafels, creamy mashed potato served with mixed vegetables. (Corn, zucchini, carrot, peas)	Crumpets with assorted spreads served with seasonal fruits. Full cream Milk	Crackers and dried fruit
Water	Water is freely available throughout the day				
Infants	A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains, and milk products. Foods are an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				
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Healthy Eating

Winter Menu Week 5

	Breakfast	Morning Tea	Lunch / Vegetarian	Afternoon Tea	Late Snack
Monday	Toast or Cereal	Banana bread served with yogurt Full cream Milk	Vegetable (corn, cabbage, beans, broccoli) biryani serve with garden salad	Crumpets with assorted spreads, served with fresh fruit platter. Full cream Milk	Crackers and dried fruit
Tuesday	Toast or Cereal	Yoghurt served with strawberries and muesli Full cream Milk	Thai chicken curry with vegetables (capsicum, cabbage, spring onion) <u>Vegetarian Option</u> Thai curry with vegetables (capsicum, cabbage, spring onion)	Blueberry Piklets served with seasonal fruits. Full cream Milk	Crackers and dried fruit
Wednesday	Toast or Cereal	Orange cake with yogurt Full cream Milk	Lamb, vegetable (broccoli, corn, carrot) and barley soup, served with Lebanese bread. <u>Vegetarian Option</u> Vegetable (broccoli, corn, carrot) and barley soup, served with Lebanese bread.	Melted Cheese on toast, served with fresh vegetable stick platter. Milk / water	Crackers and dried fruit
Thursday	Toast or Cereal	Sliced tomato and sliced cheese and corn cakes served with vegetable sticks. Full cream Milk	Fish pieces, creamy mashed potato, and mixed vegetables (corn, broccoli, carrot, peas) <u>Vegetarian Option</u> Creamy mashed potato, and mixed vegetables (corn, broccoli, carrot, peas) cheesy melted bake.	Raisin toast with seasonal fruits Full cream Milk	Crackers and dried fruit
Friday	Toast or Cereal	Tradition crackers with cheese cubes, and watermelon cubes. Full cream Milk	Lamb, and vegetable (spinach, mushrooms, broccoli) risotto <u>Vegetarian Option</u> Tofu and vegetable (spinach, mushrooms, broccoli) risotto	English muffins with assorted spreads, served with vegetable sticks. Full cream Milk	Crackers and dried fruit
Water	Water is freely available throughout the day				
Infants	A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains, and milk products. Foods are an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				