



WINTER MENU

Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.
Morning Tea	Fresh Fruit and Yoghurt (Alternate yogurt supplied for allergies/intolerances)	Fruit Platter with Yoghurt Sultanas (Alternate yogurt supplied for allergies/intolerances)	Fresh Fruit and Cheese/Yogurt (Alternate cheese supplied for allergies/intolerances)	Fresh Fruit with Yoghurt (Alternate yogurt supplied for allergies/intolerances)	Fresh Fruit and Cheese/Yogurt (Alternate cheese supplied for allergies/intolerances)
Lunch	Tuna Mornay with Rice Ingredients: Cheese, milk, mixed vegetables, rice, tuna (fish) (Alternate cheese and milk used for allergies/intolerances)	Apricot Chicken with Vegetables and Rice Ingredients: (Chicken, mixed veg, rice, French onion soup, apricot nectar)	Sausages and Potato Mash with Veg Ingredients: (Potatoes, sausages, mixed vegetables)	Creamy Chicken Carbonara with Vegetables and Pasta Ingredients: (Chicken, mixed vegetables, coconut cream, chicken stock, Pasta)	Mixed Sandwiches with cheese and Vegetable sticks Ingredients: (Bread, ham, cheese, lettuce, tomato, fritz, grated carrot, chicken, jam, vegemite, cucumber, cheese, carrot and cucumber sticks)
Afternoon Snack	Carrot Cake Ingredients: Grated carrot, vanilla cake mix, soy milk.	Apple Crumble with Custard Ingredients: Rolled oats, brown sugar, margarine, cooked apple, cinnamon, custard / yoghurt. (Alternate yogurt supplied for allergies/intolerances)	Pumpkin Scones served with Butter Ingredients: SR flour, pumpkin puree, margarine, dairy free milk	Pizza Scrolls Ingredients: (puff pastry, tomato paste, shredded ham and cheese) DF option made with Vegan Cheese.	Zucchini Chocolate Cake Ingredients: Zucchini, vanilla cake mix, soy milk.
Late Snack	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits

Breakfast is offered until 8am. Late Snack is served between 4:30pm & 5pm and is a choice from rice crackers, sultanas, milk biscuits or leftovers from afternoon tea that day.

Children are offered crackers or fruit throughout the day if hungry between meals and snacks. Milk is available and offered after each main meal.

Children are also offered a sandwich at lunch time if they do not wish to eat the meal served. Everything in this menu is adaptable to all children's dietary needs and/or allergies.





	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.
Morning Tea	Fresh Fruit and Yoghurt (Alternate yogurt supplied for allergies/intolerances)	Fruit Platter with Yoghurt Sultanas (Alternate yogurt supplied for allergies/intolerances)	Fresh Fruit and Cheese/Yogurt (Alternate cheese supplied for allergies/intolerances)	Fresh Fruit with Yoghurt (Alternate yogurt supplied for allergies/intolerances)	Fresh Fruit and Cheese/Yogurt (Alternate cheese supplied for allergies/intolerances)
Lunch	Chicken Stir-fry with Vegetables and Penne Pasta Ingredients: (Chicken, mixed veg, penne pasta, garlic, teriyaki sauce)	Burrito Bowls with Vegetables and Rice Ingredients: Beef mince, mild burrito mix, vegetables, rice, corn chips (tortilla wraps for under 2years), cheese. (Alternate meat, cheese supplied for allergies/intolerances)	Spaghetti Bolognaise with Vegetables and Cheese Ingredients: Beef Mince, Pasta, pasta sauce, onion, garlic mixed vegetables, herbs/spices, cheese. (Alternate meat, sauce/cheese supplied for allergies/intolerances)	Mixed Sandwiches with cheese and Vegetable sticks Ingredients: (Bread, ham, cheese, lettuce, tomato, fritz, grated carrot, chicken, jam, vegemite, cucumber, cheese, carrot and cucumber sticks)	Curried Sausages with Vegetables and Rice Ingredients: Sausages, curry powder, garlic, onion, chicken stock, flour, coconut cream, mixed vegetables, rice. (Alternate meat supplied for allergies/intolerances)
Afternoon Snack	Apple Crumble with Custard Ingredients: Rolled oats, brown sugar, margarine, cooked apple, cinnamon, custard / yoghurt. (Alternate yogurt supplied for allergies/intolerances).	Pizza Toast Ingredients: Bread, tomato paste, shredded ham, cheese. (Alternate cheese supplied for allergies/intolerances)	Pumpkin Scones served with Butter Ingredients: SR flour, pumpkin puree, margarine, dairy free milk	Savory Platter with Cheese Ingredients: (cheese, fritz, chicken, avocado, cucumber, tomatoes, crackers) (Alternate cheese supplied for allergies/intolerances)	Banana Cake Ingredients: Mash banana, vanilla cake mix, soy milk
Late Snack	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits

Breakfast is offered until 8am. Late Snack is served between 4:30pm & 5pm and is a choice from rice crackers, sultanas, milk biscuits or leftovers from afternoon tea that day.

Children are offered crackers or fruit throughout the day if hungry between meals and snacks. Milk is available and offered after each main meal.

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WINTER MENU

Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.
Morning Tea	Fresh Fruit and Yoghurt (Alternate yogurt supplied for allergies/intolerances)	Fruit Platter with Yoghurt Sultanas (Alternate yogurt supplied for allergies/intolerances)	Fresh Fruit and Cheese /Yogurt (Alternate cheese supplied for allergies/intolerances)	Fresh Fruit with Yoghurt (Alternate yogurt supplied for allergies/intolerances)	Fresh Fruit and Cheese / Yogurt (Alternate cheese supplied for allergies/intolerances)
Lunch	Butter Chicken with Vegetables and Rice Ingredients: Chicken, garlic, butter chicken seasoning mix, coconut cream, mix vegetables and rice.	Meatballs with Vegetables and Pasta Ingredients: Beef Mince, Pasta, pasta sauce, garlic, onion, chives, garlic mixed vegetables, herbs/spices, breadcrumbs, cheese. (Alternate sauce/cheese and GF option, supplied for allergies/intolerances)	Beef Stroganoff with Vegetables and Pasta Ingredients: Pasta, onion, mixed vegetables, mince beef, gluten free flour, beef stock, Worcestershire sauce, tomato paste.	Tuna Mornay with Vegetables and Rice Ingredients: Cheese, milk, mixed vegetables, rice, tuna (fish). (Alternate cheese and milk used for allergies/intolerances)	Beef Cottage Pie Ingredients: Mince beef, onion, SR flour, mixed vegetables, potato, Worcestershire sauce, beef stock
Afternoon Snack	Fruit and Yoghurt Cones Ingredients: Ice cream cones, tinned fruit, yoghurt. (Alternate yogurt supplied for allergies/intolerances)	Fruit Bread with Butter Ingredients: Fruit Bread, butter spread.	Pizza Scrolls Ingredients: (puff pastry, tomato paste, shredded ham and cheese) DF option made with Vegan Cheese.	Carrot Cake Ingredients: Grated carrot, vanilla cake mix, soy milk.	Pumpkin Oat cookies with dark chocolate chips Ingredients: Butter, brown sugar, pumpkin puree, quick oats, flour, dark chocolate chips, cinnamon, salt, vanilla extract.
Late Snack	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits

Breakfast is offered until 8am. Late Snack is served between 4:30pm & 5pm and is a choice from rice crackers, sultanas, milk biscuits or leftovers from afternoon tea that day.

Children are offered crackers or fruit throughout the day if hungry between meals and snacks. Milk is available and offered after each main meal.

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WINTER MENU

Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.	Cereal with Milk, Toast with Spreads, Cup of Milk, Fruit.
Morning Tea	Fresh Fruit and Yogurt (Alternate yogurt supplied for allergies/intolerances)	Fruit Platter with Yogurt Sultanas (Alternate yogurt supplied for allergies/intolerances)	Fresh Fruit and Cheese/Yogurt (Alternate cheese supplied for allergies/intolerances)	Fresh Fruit with Yogurt (Alternate yogurt supplied for allergies/intolerances)	Fresh Fruit and Cheese/Yogurt (Alternate cheese supplied for allergies/intolerances)
Lunch	Spaghetti Bolognaise with Vegetables and Cheese Ingredients: Beef Mince, Pasta, pasta sauce, onion, garlic mixed vegetables, herbs/spices, cheese. (Alternate sauce/cheese/meat supplied for allergies/intolerances)	Teriyaki Chicken and Vegetable Stir fry and Pasta Ingredients: Chicken, mixed vegetables, teriyaki sauce, onion, chicken stock, pasta.	Mixed Sandwiches with cheese and Vegetable sticks Ingredients: (Bread, ham, cheese, lettuce, tomato, fritz, grated carrot, chicken, jam, vegemite, cucumber, cheese, carrot and cucumber sticks)	Curried Sausages with Vegetables and Rice Ingredients: Sausages, curry powder, garlic, onion, chicken stock, flour, coconut cream, mixed vegetables, rice. (Alternate meat supplied for allergies/intolerances)	Chicken Stir-fry with Vegetables and Rice Ingredients: (Chicken, mixed veg, rice, garlic, teriyaki sauce)
Afternoon Snack	Apple and Cinnamon Cake Ingredients: Tin apple pieces, vanilla cake mix, soy milk, cinnamon.	Fruit Bread with Butter Ingredients: Fruit Bread, butter spread.	Savory Platter with Cheese Ingredients: (cheese, fritz, chicken, avocado, cucumber, tomatoes, crackers) (Alternate cheese supplied for allergies/intolerances)	Scones served with Jam and Cream Ingredients: SR flour, butter, dairy free milk, jam, cream. (Alternate yogurt supplied for allergies/intolerances)	Sheet Pancakes topped with fruit Ingredients: SR flour, butter, dairy free milk, seasonal fruit.
Late Snack	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits	Crackers, Sultanas and Milk Biscuits

Breakfast is offered until 8am. Late Snack is served between 4:30pm & 5pm and is a choice from rice crackers, sultanas, milk biscuits or leftovers from afternoon tea that day.

Children are offered crackers or fruit throughout the day if hungry between meals and snacks. Milk is available and offered after each main meal.

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NUTRITIONAL INFORMATION

Breakfast:

Provides (minimum): 1-2 serve of breads and cereals, 1 serve of dairy (milk) and 1 serve of fruit*

Morning Tea:

Provides (minimum): 1-2serve of fruit, 0-2 serves of vegetables,1-2 serves of dairy*

Lunch:

Provides (minimum): 0-1 serve of fruit, 0-3 serves of vegetables,1-2 serves of protein and 0-2 serves of breads and cereals*

Afternoon Tea:

Provides (minimum): 0-1 serve of fruit, 0-2 serves of vegetables,1-2 serves of protein and 0-2 serves of breads and cereals*

*Amount of serves provided depends on amount of food consumed by children and the portion sizes. Does not include the children's intake from other meals throughout the day.

Key:

Fruit (protection foods): Great source of vitamins, minerals and antioxidants. For general health, protection and immunity.

Vegetables (protection foods): Great source of vitamins, minerals and antioxidants. For general health, protection and immunity.

Breads and cereals (power foods): Very high source of carbohydrate. For energy and concentration.

Dairy and Protein (Body building foods): Very high in protein, iron and calcium. For growth, muscle and bone strength.

