

Winter/Autumn Menu – Week One

0-2yrs – Low Fat Milk served, 2-5yrs – Full Fat Milk served.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Baked beans on Wholemeal toast	Wholemeal Toast	Yoghurt w/fruit with rolled oats	Grilled Cheese on Wholemeal Bread	Scrambled Egg & Wholemeal Toast
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
STARTER	Garden Salad	Carrot & Cucumber sticks	Garden salad	Carrot & Cucumber sticks	Garden Salad
LUNCH	Beef Shepherd's Pie Mashed Sweet potato, red lentils, carrots, peas, corn	Chicken & vegetable noodle soup (wholemeal noodles) Orange slices	Crumbed fish fillets Sweet potato mash, broccoli and cauliflower Yoghurt & mint dipping sauce	Irish Beef Stew (carrots, potatoes, sweet potato, corn in a tomato based sauce)	Pork & Veal Meatballs Sweet Potato Mash, peas, corn, carrots
NURSERY 0-1 YRS	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
AFTERNOON TEA	Fresh Fruit Wholegrain crackers and cheese Sliced tomatoes	Fresh Fruit Apple & Cinnamon Wholemeal Muffins	Fresh Fruit Cheese w/ brown rice crackers, Vegie sticks	Fresh Fruit Mezze Platters Hommus, cherry tomatoes, carrot, cucumber, rice crackers	Fresh Fruit Vegetable muffins w/ wholemeal flour
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
LATE AFTERNOON TEA	Fresh Fruit Wholegrain crackers and cheese Sliced tomatoes	Fresh Fruit Apple and Cinnamon Wholemeal Muffins	Fresh Fruit Cheese w/ brown rice crackers, Vegie sticks	Fresh Fruit Hommus, cherry tomatoes, carrot, cucumber, rice crackers	Fresh Fruit Vegetable muffins w/ wholemeal flour
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER

Nursery 0-2 – Pureed Vegetable consist of potatoes, sweet potatoes, pumpkin, carrots, broccoli, spinach, cauliflower, green beans and other seasonal vegetables . Frozen vegetables are used when out of season. Cannellini beans, lentils or creamed corn are also added.

Winter/Autumn Menu – Week Two

0-2yrs – Low Fat Milk served, 2-5yrs – Full Fat Milk served.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Wholemeal English Muffins	Wholemeal Raisin Toast	Scrambled eggs Wholemeal Toast	Yoghurt & Fruit & rolled Oats	Baked Beans Wholemeal Toast
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
STARTER	Garden Salad	Carrot & Cucumber sticks	Carrot & Cucumber sticks	Carrot & Cucumber sticks	Garden Salad
LUNCH	Lentil Soup Smoked ham hock, spinach and potato Risotto pasta Orange wedges	Beef Stroganoff and brown rice (mushrooms, peas corn, carrots)	Wholemeal pasta with Tomato and basil sauce. (grated carrots, zucchini)	Beef Lasagne (grated zucchini and carrots)	Beef Bolognese Pasta Bake (grated zucchini and carrots)
NURSERY 0-1 YRS	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
AFTERNOON TEA	Fresh Fruit Vegemite and Cheese scrolls (light pastry)	Fresh Fruit Veggie sticks w/ beetroot dip	Fresh Fruit Mixed Wholemeal Sandwiches	Fresh Fruit Cheese, rice crackers & Veggie sticks	Fresh Fruit Wholemeal Strawberry Pikelets
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
LATE AFTERNOON TEA	Fresh Fruit Vegemite and Cheese scrolls (light pastry)	Fresh Fruit Veggie sticks w/ beetroot dip	Fresh Fruit Mixed Wholemeal Sandwiches	Fresh Fruit Cheese, rice crackers & Veggie sticks	Fresh Fruit Wholemeal Strawberry Pikelets
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER

Winter/Autumn Menu – Week Three

0-2yrs – Low Fat Milk served, 2-5yrs – Full Fat Milk served.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Scrambled eggs on Wholemeal	Wholemeal Cheese Toasty	Wholemeal Toast	Banana Wholemeal Pancakes	Yoghurt & Fruit & rolled Oats
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
STARTER	Garden Salad	Carrot & Cucumber sticks	Carrot & Cucumber sticks	Carrot & Cucumber sticks	Garden Salad
LUNCH	Beef Spaghetti Bolognese w/ Red Lentils, grated zucchini and Carrots	Beef rissoles, sweet potato Mash, Peas, Corn & Carrots	Spinach and Ricotta pasta bake Orange wedges	Butter Chicken Wholemeal pasta and Spinach	Beef Chilli Con Carne Basmati Rice Red kidney beans, grated zucchini and carrots
NURSERY 0-1 YRS	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
AFTERNOON TEA	Fresh Fruit Wholemeal Fruit Cake	Fresh Fruit Mixed Wholemeal Sandwiches	Fresh Fruit Mezze Platters Hommus, cherry tomatoes, carrot, cucumber, rice crackers	Fresh Fruit Wholemeal Mixed Wraps	Fresh Fruit Rice cakes, hommus and sliced tomatoes
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
LATE AFTERNOON TEA	Fresh Fruit Wholemeal Fruit Cake	Fresh Fruit Mixed Wholemeal Sandwiches	Fresh Fruit Mezze Platters Hommus, cherry tomatoes, carrot, cucumber, rice crackers	Fresh Fruit Wholemeal Mixed Wraps	Fresh Fruit Rice cakes, hommus and sliced tomatoes
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER

Winter/Autumn Menu – Week Four

0-2yrs – Low Fat Milk served, 2-5yrs – Full Fat Milk served.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Wholemeal English Muffins	Wholemeal Raisin Toast	Wholemeal Cheese Toasty	Yoghurt & Fruit & rolled Oats	Baked Beans Wholemeal Toast
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
STARTER	Garden Salad	Carrot & Cucumber sticks	Carrot & Cucumber sticks	Carrot & Cucumber sticks	Garden Salad
LUNCH	Beef Stroganoff, Wholemeal pasta (mushrooms, peas corn, carrots)	Italian Pork Sausage and bean Casserole (Kidney beans, butter beans, chick peas, lentils) Wholemeal Pasta	Tuna Pasta Wholemeal pasta Baby Spinach	Beef Shepherd's Pie Sweet potato Mash, red lentils, carrots, peas, corn	Beef and bean enchiladas
NURSERY 0-1 YRS	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables	Combination of pureed vegetables
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
AFTERNOON TEA	Fresh Fruit Mezze Platters Hommus, cherry tomatoes, carrot, cucumber, rice crackers	Fresh Fruit Cheese, rice crackers & Vegie sticks	Fresh Fruit Mixed Wholemeal Sandwiches	Fresh Fruit Toasted pitta chips with roasted beetroot dip	Fresh Fruit Apple Oat Cakes
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER
LATE AFTERNOON TEA	Fresh Fruit Mezze Platters Hommus, cherry tomatoes, carrot, cucumber, rice crackers	Fresh Fruit Cheese, rice crackers & Vegie sticks	Fresh Fruit Mixed Wholemeal Sandwiches	Fresh Fruit Toasted pitta chips with roasted beetroot dip	Fresh Fruit Apple Oat Cakes
	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER	MILK + WATER