

Menu Week One (Summer)

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Alternative for Babies	AT - strawberries + cheese spread bread sticks LS- vegemite rice cakes	L-Veg Risoni AT-Strawberries, banana rice crackers	LS- banana + melon	L- Spiced potato pie AT- Blue Berries, pear & yoghurt	
Morning Tea	French toast	Fruit salad and Yoghurt	Cereal with milk	Fruit platter	Cereal with milk
Lunch	Shepherd's pie with vegetables Vegetarian pie	Cheese Toasties + onion, tomato+ gherkin relish	Butter Chicken & Veg with Rice Vegetarian Rice	Pizza - ham, cheese & tomato Vegetarian pizza	Tuna Pasta salad
Afternoon Tea	Strawberries + oranges + cheese crackers	Carrot & zucchini loaf	Apple and cinnamon scrolls + Oranges	Rosemary Scones + pear	Fruit salad
Late snack	Savoury crackers + hummus dip	Dried fruit & crackers	Grapes + oranges	Rice Cakes with Vegemite & dried fruit	Pears & Savoury biscuits

Menu Week Two (Summer)

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Alternative for Babies	Banana + strawberries	L- Fish & mash AT- Blue berries & rice crackers	L- Cheese + veg risoni		LS- Cheesy sticks
Morning Tea	Fruit toast	Cereal with Milk	Fruit salad & yoghurt	Cereal with Milk	Toast with butter & jam / vegemite
Lunch Vegetarian option	Spaghetti bolognaises with veg No mince	Thai Fish cakes with Potato wedges	Nachos with onion, tomato + avo	Zucchini pasta	Chicken + veg Pies
Afternoon Tea	Banana piklets + watermelon	Veggie + cheese sticks with crackers	Scones with jam + apples	Pear Muffins + banana	Apple & cinnamon muffins + oranges
Late snack	Crackers with vegemite	Grapes + banana	Strawberry, apple + honey dew melon kebabs	Watermelon + orange	Dried fruit & savoury Biscuits



Menu Week Three (Summer)

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Alternative for Babies	AT- Cheese & mini rice crackers +strawberries + banana	AT- Sweet potato dip & Bread		L-Tuna + veg mash potato LS- Baby bread sticks with beetroot dip	AT-Banana berry Raita L-Rainbow veggie pie
Morning Tea	Muesli & yoghurt	Mixed fruit with yoghurt	Fruit toast	Baked beans on toast	Weetbix/cornflakes with milk
Lunch Vegetarian option	Pumpkin Tortellini Bake	Chicken and Vegetable Rolls	Corn fritters with sweet potato wedges	Tuna patties with cucumber and tomato	Ham + salad sandwiches Cheese sandwiches
Afternoon Tea	Mediterranean roll-ups (salad + hummus)	Fruity muesli bars + apples	Apricot rice pudding	Fruit platter	Bliss balls + banana
Late snack	Crackers & dried fruit	Pita bread with tzatziki dip	Crackers with vegemite + cheese	Savoury biscuits + fruit	Assorted Fruit

Menu Week Four (Summer)

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Alternative Babies for		AT - Creamy sweet potato dream	L - Chicken & veg rice bake AT- Pumpkin dip with bread		LS- Mini rice cakes with cheese
Morning Tea	Weetbix/cornflakes with Milk	Mixed fruit and Yoghurt	Fruit toast with Spreads	French toast	Toasted English muffin + spreads
Lunch Vegetarian option	Hokkien noodles + vegetable stir fry	Spaghetti Bolognaise with Veggies Tomato + Onion	Chicken+ veg mince toasted sandwiches	Fish fingers and mash potato with cucumber	Zucchini pasta
Afternoon Tea	Raspberry muffins + Pears	Cheese + vegemite Scrolls	Pumpkin & Cheese Scones + apples	Fruit Platter	Banana Bread & butter + oranges
Late snack	Oranges + banana	Crackers & dried fruit	Watermelon	Apple + sultana pancakes	Carrot + cucumber with hummus

