

Autumn/Winter Menu Week 1

Breakfast	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttex, milk, water
Morning Tea	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with milk</u>	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with yoghurt</u>	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with milk</u>	<u>Apple & raspberry Bircher</u> Oats, milk, apple, pepitas, orange zest, orange juice, raspberry, yoghurt.	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with milk</u>
Morning Tea Infants	<u>Apple & pear puree with morning tea main</u>	<u>Fruit puree with morning tea main</u>	<u>Berry & banana puree with morning tea main</u>	<u>Fruit puree with morning tea main</u>	<u>Apple & pear puree with morning tea main</u>
Lunch	<u>Gnocchi bake with bacon, tomato & vegetable sauce with cheese.</u> Gnocchi, onion, zucchini, garlic, bacon, celery, carrot, sage, oregano, tomato paste, diced tomato, vegetable stock, cheese, oil, cream cheese, nuttex, brown sugar, balsamic.	<u>Hearty beef hot pot with mash potato and wholemeal bread</u> Diced beef, onion, garlic, carrots, capsicum, cauliflower, Worcestershire sauce, thyme, tomato paste, diced tomatoes, potato, wholemeal bread.	<u>Chicken fried rice.</u> Rice, chicken mince, corn, peas, carrot, capsicum, spring onion, soy sauce, ginger, garlic	<u>Beef lasagne.</u> Beef mince, brown onion, garlic, mixed herbs, celery, parmesan cheese, tomatoes, carrot, zucchini, flour, lasagna sheets, lentils, rice milk, oil, nuttex.	<u>Red lentil dahl.</u> Capsicum, carrot, celery, chickpeas, coconut milk, coriander seeds, coriander, cumin seeds, garam masala, garlic, ginger, lemon myrtle leaves, lentils mustard seeds, vegetable oil, onion, brown rice, spinach, vegetable stock, diced tomatoes, turmeric, zucchini.
Lunch Infants	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>
Afternoon Tea	<u>Pumpkin Scones</u> Pumpkin, Egg Replacer, Flour, nuttex, milk, nutmeg, brown sugar.	<u>Yoghurt & Two Fruits</u> Yoghurt, peaches & pears	<u>Rainbow Platter</u> Hummus, cheese, carrot, cucumber, celery, tomatoes, apple slices & crackers	<u>Fresh fruit platter</u> Selection of seasonal fruit	<u>Wholegrain pita dippers, cheese sticks & hummus.</u>
Afternoon Tea Infants	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>
Late Snack	Cheese & crackers, fresh fruit	Cheese & crackers, fresh fruit	Cheese & crackers, fresh fruit	Cheese & crackers, fresh fruit	Cheese & crackers, fresh fruit

Autumn/Winter Menu Week 2

Breakfast	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttelex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttelex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttelex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttelex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttelex, milk, water
Morning Tea	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with milk</u>	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with yoghurt</u>	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with milk</u>	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with yoghurt</u>	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with milk</u>
Morning Tea Infants	<u>Apple & pear puree with morning tea main</u>	<u>Fruit puree with morning tea main</u>	<u>Berry & banana puree with morning tea main</u>	<u>Fruit puree with morning tea main</u>	<u>Apple & pear puree with morning tea main</u>
Lunch	<u>Pumpkin & bacon pasta</u> Pumpkin, pasta, bacon, cannellini beans, onion, nuttelex, carrot, milk, cheese, chicken stock.	<u>Lentil Bolognese</u> Basil, carrot, celery, cheese, garlic, lentils, oil, onion, oregano, pasta, tomato paste, crushed tomato, zucchini.	<u>Beef red curry with brown rice</u> Beef strips, onion, oil, red curry paste, chicken stock, pumpkin, carrot, zucchini, red capsicum, lemon rind, coconut milk, spinach, brown rice.	<u>Sticky chicken</u> Chicken thigh, chicken stock, garlic, ginger, honey, orange marmalade, Chinese 5 spice, soy sauce, peas, corn, carrot, onion, zucchini, rice.	<u>Fish tacos</u> Crumb Fish, cheese, tomatoes, carrot, cucumber, lettuce, tortillas, egg free mayonnaise, parsley
Lunch Infants	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>
Afternoon Tea	<u>Sticky carrot cake</u> Carrot, cinnamon, egg replacer, wholemeal flour, milk, canola oil, brown sugar, vanilla, baking powder, nuttelex, dates, banana, greek yoghurt.	<u>Vegemite & Cheese Sandwiches</u> Wholemeal bread, vegemite, nuttelex, cheese	<u>Blueberry muesli loaf with yoghurt</u> Blueberry, self-raising flour, milk, egg replacer, muesli, nuttelex, banana, raw castor sugar, brown sugar, yoghurt	<u>Rainbow Platter</u> Hummus, cheese, carrot, cucumber, tomatoes, fresh apple slices & crackers	<u>Raisin Bread</u> Raisin bread, nuttelex.
Afternoon Tea Infants	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>
Late Snack	Cheese and Crackers, Fresh Fruit	Cheese and Crackers, Fresh Fruit	Cheese and Crackers, Fresh Fruit	Cheese and Crackers, Fresh Fruit	Cheese and Crackers, Fresh Fruit

Autumn/Winter Menu Week 3

Morning Tea	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with milk</u>	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with yoghurt</u>	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with milk</u>	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with yoghurt</u>	<u>Fresh fruit platter</u> Selection of seasonal fruit <u>Served with milk</u>
Morning Tea Infants	<u>Apple & pear puree with morning tea main</u>	<u>Fruit puree with morning tea main</u>	<u>Berry & banana puree with morning tea main</u>	<u>Fruit puree with morning tea main</u>	<u>Apple & pear puree with morning tea main</u>
Lunch	<u>Fish Curry</u> Fish, brown rice, oil, sweet potato, green beans, zucchini, garlic, chilli, lemongrass, curry powder, turmeric, vegetable stock, coconut milk, coconut yoghurt.	<u>Shepherd's pie served with pita bread</u> Lamb mince, potato, onion, garlic, carrot, zucchini, peas, beans, corn, beef stock, flour, thyme, mixed herbs, pepper, tomato paste, cheese, milk, pita bread.	<u>Sweet & sour pork with rice</u> Pork, five spice, vegetable oil, capsicum, red onion, garlic, broccoli, pineapple, ginger, vinegar, tomato paste, brown sugar, rice.	<u>Teriyaki beef stir fry</u> Beef strips, hokkien noodles, cabbage, carrot, red capsicum, broccoli, oil, garlic, soy sauce, brown sugar, honey, ginger, garlic powder, cornstarch.	<u>Pumpkin soup with bread</u> Pumpkin, lentils, onion, garlic, vegetable stock, Greek yoghurt, canola oil, wholemeal bread, nuttelex.
Lunch Infants	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>
Afternoon Tea	<u>Raisin Bread</u> Raisin bread, nuttelex.	<u>Cocoa & raspberry muffins</u> Banana, cocoa, vanilla, raspberry, baking soda, milk, egg replacer, oil, S.R flour, brown sugar	<u>Yoghurt Cones</u> Yoghurt, ice cream cones, rice bubbles, fruit	<u>Muffin Pizzas</u> English muffin, tomato paste, oregano, basil, garlic powder, cheese, ham.	<u>Fruit & Vegetable Snack Plate</u> Carrot, cucumber, cheese, dried apricots, apple, watermelon, crackers
Afternoon Tea Infants	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>	<u>Fruit Puree With Afternoon Tea Main</u>
Late Snack	Cheese and Crackers, Fresh Fruit	Cheese and Crackers, Fresh Fruit	Cheese and Crackers, Fresh Fruit	Cheese and Crackers, Fresh Fruit	Cheese and Crackers, Fresh Fruit

Autumn/Winter Menu Week 4

Morning Tea	<u>Fresh fruit platter</u> Selection of seasonal fruit	<u>Fresh fruit platter</u> Selection of seasonal fruit	<u>Fresh fruit platter</u> Selection of seasonal fruit	<u>Fresh fruit platter</u> Selection of seasonal fruit	<u>Fresh fruit platter</u> Selection of seasonal fruit
	<u>Served with milk</u>	<u>Served with yoghurt & rice puffs</u>	<u>Served with milk</u>	<u>Served with yoghurt</u>	<u>Served with milk</u>
Morning Tea Infants	<u>Apple & pear puree with morning tea main</u>	<u>Fruit puree with morning tea main</u>	<u>Berry & banana puree with morning tea main</u>	<u>Fruit puree with morning tea main</u>	<u>Apple & pear puree with morning tea main</u>
Lunch	<u>Mexican Beef Tacos</u> Beef Mince, onion, tortilla, carrot, cheese, lettuce, tomatoes, carrot, zucchini, cumin, garlic, oregano, crushed tomato.	<u>Meatloaf & Mash</u> Beef mince, breadcrumbs, onion, carrots, zucchini, tomato paste, egg replacer, garlic, parsley, tomato sauce, barbeque sauce.	<u>Chicken & Vegetable Soup</u> Chicken thigh, onion, corn, peas, carrot, garlic, potato, chicken stock, pasta, parsley.	<u>Chicken Schnitzel & Vegetables</u> Potato, chicken, breadcrumbs, milk, flour, garlic, mixed herbs, corn, peas, carrots. Served with bread and nuttelex	<u>Beef Bolognese</u> Beef Mince, Garlic, Onion, Carrot, Celery, Balsamic Vinegar, Zucchini, Beef Stock, Crushed Tomatoes, Thyme, Tomato Paste, Rigatoni Pasta, Cheese.
Lunch Infants	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>	<u>Fresh vegetable puree served with lunch main</u>
Afternoon Tea	<u>Spiced apple & yoghurt slice</u> Wholemeal flour, brown sugar, egg replacer, lemon rind, baking powder cinnamon, milk, cream cheese, yoghurt, apple.	<u>Anzac biscuits & fruit</u> Wholemeal flour, oats, desiccated coconut, brown sugar, bi-carb soda, golden syrup, nuttelex, apple, watermelon.	<u>Fruit & vegetable snack plate</u> Carrot, cucumber, cheese, dried apricots, apple, watermelon, crackers	<u>Yoghurt & fruit</u> Yoghurt and fresh seasonal fruit	<u>Banana & raspberry loaf</u> Banana, raspberry, S.R wholemeal flour, brown sugar, cinnamon, milk, margarine, vanilla essence, egg replacer
Afternoon Tea Infants	<u>Fruit puree with afternoon tea main</u>	<u>Fruit puree with afternoon tea main</u>	<u>Fruit puree with afternoon tea main</u>	<u>Fruit puree with afternoon tea main</u>	<u>Fruit puree with afternoon tea main</u>
Late Snack	Cheese & crackers, fresh fruit	Cheese & crackers, fresh fruit	Cheese & crackers, fresh fruit	Cheese & crackers, fresh fruit	Cheese & crackers, fresh fruit