

Autumn/Winter Week 1

Brady Bunch Early Learning Centre Burpengary Pty Ltd



This menu meets the Victorian Government's *Menu planning guidelines for long day care*



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Cornflakes Toast Weetbix	Cornflakes Toast Weetbix	Cornflakes Toast Weetbix	Cornflakes Toast Weetbix	Cornflakes Toast Weetbix
Morning tea	Fresh Fruit Milk	Fresh Fruit Yoghurt	Fresh Fruit Milk	Fresh Fruit Yoghurt	Fresh Fruit Milk
Lunch	Beef Enchilada lasagna	Chicken, pumpkin & spinach Risotto	Lamb Biryani	Fish tacos	Aloo Keema
Afternoon tea	Corn thins with vegemite & cheese	Fruit, Vegetable & cheese platter	Apple & strawberry muffins	Fruity crumble	spiced apple and yoghurt slice
Late snack	Late Snack	Late Snack	Late Snack	Late Snack	Late Snack
Drinks	Water	Water	Water	Water	Water

Assessed with  FoodChecker

Assessed on: 13/02/2026

Valid until: 13/02/2027

Assessment ID: 152713



The Healthy Eating Advisory Service is delivered by National Nutrition Foundation, with support from the Victorian Government.

Autumn/Winter Menu Week 2

Breakfast	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water
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
Morning Tea Infants	<u>Served with yoghurt</u> <u>Apple & watermelon puree with morning tea main</u>	<u>Served with milk</u> <u>Fruit puree with morning tea main</u>	<u>Served with yoghurt</u> <u>Banana puree with morning tea main</u>	<u>Served with milk</u> <u>Fruit puree with morning tea main</u>	<u>Served with yoghurt</u> <u>Apple & pear puree with morning tea main</u>
Lunch	<u>Chicken gloria</u> Chicken, flour, nuttalex, mushroom, spinach, onion, garlic, red wine vinegar, coconut cream, cheese peas, brown rice.	<u>Lamb stew with barley</u> Lamb, onion, carrot, celery, garlic, tomato paste, cumin, smoked paprika, beef stock, balsamic vinegar, Worcestershire sauce, rosemary, potato, barley, cornstarch, parsley, bay leaves	<u>Pumpkin soup</u> Pumpkin, onion, garlic, oil, red lentils, vegetable stock, Greek yoghurt, wholemeal bread.	<u>Sweet & sour pork with rice</u> Pork, Chinese 5 spice, oil, capsicum, onion, broccoli, carrot, brown rice, pineapple, garlic, ginger, vinegar, tomato paste, brown sugar.	<u>Beef bolognese pie</u> Beef Mince, onion, carrot, cheese, garlic, basil, crushed tomato, celery, zucchini, oregano, potato, parmesan 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>Custard & fruit</u> Creamy custard with fresh fruit.	<u>Vegemite & cheese sandwich</u> Vegemite, nuttalex, cheese, wholemeal bread.	<u>Lemon & blueberry muffins</u> Flour, baking powder, salt, Greek yoghurt, maple syrup, nuttalex, egg replacer, vanilla, lemon zest, blueberries.	<u>Yoghurt bark</u> Yoghurt, berries, rice bubbles.	<u>Snack platter</u> Cheese, carrot, capsicum, rice crackers, apple.
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	<u>Cheese and Crackers, Fresh Fruit</u>	<u>Cheese and Crackers, Fresh Fruit</u>	<u>Cheese and Crackers, Fresh Fruit</u>	<u>Cheese and Crackers, Fresh Fruit</u>	<u>Cheese and Crackers, Fresh Fruit</u>

Autumn/Winter Menu Week 3

Breakfast	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water
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
Morning Tea Infants	<u>With yoghurt</u> <u>Apple & pear puree with morning tea main</u>	<u>With milk</u> <u>Fruit puree with morning tea main</u>	<u>With yoghurt</u> <u>Berry & banana puree with morning tea main</u>	<u>With milk</u> <u>Fruit puree with morning tea main</u>	<u>With yoghurt</u> <u>Apple & pear puree with morning tea main</u>
Lunch	<u>Spiced chicken & warm rice salad.</u> Chicken, peas, corn, capsicum, lemon zest, mint, dill, spring onion, brown rice, paprika, cumin, garlic, onion.	<u>Chicken Chow mein.</u> Oil, onion, garlic, chicken mince, curry powder, cabbage, carrot, celery, peas, rice noodles, soy sauce.	<u>Beef Lasagne.</u> Onion, carrot, celery, zucchini, oil, garlic, beef mince, crushed tomatoes, mixed herbs, lasagne sheets, ricotta, parmesan.	<u>Fish, roast potatoes & veg.</u> Crumbed fish, corn cobs, carrot, peas, potato, oil, garlic, herbs.	<u>Beef & broccoli stir fry.</u> Brown rice, cabbage, carrot, capsicum, broccoli, oil, beef strips, garlic, plum sauce.
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>Ham & cheese sandwiches</u> Ham, cheese, nuttalex & wholemeal bread	<u>Polenta cake.</u> Polenta, flour, brown sugar, olive oil, egg replacer, milk, baking powder, vanilla, lemon zest. <u>Served with yoghurt & berries</u>	<u>Fruit & custard</u> Banana, berries, custard.	<u>Grazing platter</u> Apple, apricots, carrot, cheese, rice crackers.	<u>Beetroot muffins.</u> Beetroot, cocoa, nuttalex, milk, apple cider vinegar, maple syrup, self-raising flour, baking powder, egg replacer, vanilla <u>Served with milk.</u>
Afternoon Tea Infants	<u>Fruit Puree</u> <u>With Afternoon Tea Main</u>	<u>Fruit Puree</u> <u>With Afternoon Tea Main</u>	<u>Fruit Puree</u> <u>With Afternoon Tea Main</u>	<u>Fruit Puree</u> <u>With Afternoon Tea Main</u>	<u>Fruit Puree</u> <u>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

Breakfast	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water	<u>Cereal & toast</u> Wheat biscuits, corn flakes, wholemeal bread, vegemite, nuttalex, milk, water
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
Morning Tea Infants	<u>Served with yoghurt</u> <u>Apple & pear puree with morning tea main</u>	<u>Served with milk</u> <u>Fruit puree with morning tea main</u>	<u>Served with yoghurt</u> <u>Berry & banana puree with morning tea main</u>	<u>Served with milk</u> <u>Fruit puree with morning tea main</u>	<u>Served with yoghurt</u> <u>Apple & pear puree with morning tea main</u>
Lunch	<u>Pork sliders</u> Roll, cabbage, carrot, cheese, cinnamon, cucumber, garlic, ginger, lettuce, pork, hoi sin, soy sauce & star anise.	<u>Beef ragu</u> Beef mince, carrot, celery, cheese, onion, pasta, beef stock, thyme, tomato paste, diced tomatoes, balsamic vinegar, zucchini.	<u>Marry me chicken.</u> Basil, cauliflower, parmesan, chicken thigh, coconut cream, garlic, onion, brown rice, spinach, chicken stock, thyme, sun-dried tomato, Greek yoghurt, zucchini.	<u>Bolognese pizzas</u> Basil, beef mince, pizza base, carrot, celery, cheese, garlic, onion, oregano, diced tomatoes, zucchini.	<u>Potato & leek soup.</u> Bay leaves, cannellini beans, wholemeal bread, garlic, leek, nutmeg, onion, potato, vegetable stock, nuttalex.
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>Fruity crumble.</u> Flour, oats, brown sugar, margarine, apple, cinnamon, custard.	<u>Lemon & yoghurt cake.</u> Baking soda, egg replacer, flour, lemon juice, lemon zest, oat milk, vegetable oil, brown sugar, icing sugar, vanilla extract, Greek yoghurt.	<u>Rhubarb crumble muffins.</u> Egg replacer, flour, lemon zest, oat milk, oats, rhubarb, brown sugar, vegetable oil, Greek yoghurt.	<u>Fruit & custard.</u> Banana, berries, custard.	<u>Fruit, meat & vegetable platter.</u> Apple, dried apricot, cheese, carrot, ham, 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 & crackers, fresh fruit	Cheese & crackers, fresh fruit	Cheese & crackers, fresh fruit	Cheese & crackers, fresh fruit	Cheese & crackers, fresh fruit