

Spring Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, cornflakes, wholegrain cereals, wholemeal toast, milk, soy milk, natural yoghurt				
Morning Tea Served with milk and water	Seasonal Fresh fruit and vegetable platter A minimum of 3 fruit varieties and 3 vegetable varieties will be served every day. A minimum of 5 fruit varieties and 5 vegetables varieties will be served across the week				
Lunch Served with tap water. Apple slices are offered at the end of the meal for teeth cleaning as part of our dental hygiene practices	Roast Beef with seasonal root vegetables and spring greens	Artichoke Risotto	Pea & Ham Soup With fresh bread	Lamb Curry With steamed rice	Baked Fish With mashed potato And corn
Vegetarian option	Roasted Mushroom & Chickpeas	As above	Pumpkin Soup	Mushroom Curry	Pan fried Tofu
Afternoon Tea Served with milk and water	Veggie Sticks and dip	Muffins	Cacao Protein balls	Fruit Bread	Mixed Berry & Yoghurt cups
Late snack	Wholemeal rice cakes with sliced cheese				

All meals are served with tap water. Water is freely available throughout the day. A variety of fresh pureed vegetables and fruits are offered to babies. Foods are an appropriate texture for infants age. E.g. mashed, lumpy, chopped, finger foods. Children with allergies or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

Spring Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, cornflakes, wholegrain cereals, wholemeal toast, milk, soy milk, natural yoghurt				
Morning Tea Served with milk and water	Seasonal Fresh fruit and vegetable platter A minimum of 3 fruit varieties and 3 vegetable varieties will be served every day. A minimum of 5 fruit varieties and 5 vegetables varieties will be served across the week				
Lunch Served with tap water. Apple slices are offered at the end of the meal for teeth cleaning as part of our dental hygiene practices	Moroccan Lamb With polenta	Chicken Wings With coleslaw, steamed corn and baked potatoes	Spinach and Ricotta Lasagna	Seafood Risotto	Ratatouille With polenta
Vegetarian option	Moroccan Chickpeas	Fried Falafel	As above	Spinach Risotto	As above
Afternoon Tea Served with milk and water	Banana Cake	Cheese and crackers with salsa	Corn Fritters	Coconut and Cacao Biscuits	Scones
Late snack	Wholemeal rice cakes with sliced cheese				

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Spring Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, cornflakes, wholegrain cereals, wholemeal toast, milk, soy milk, natural yoghurt				
Morning Tea Served with milk and water	Seasonal Fresh fruit and vegetable platter A minimum of 3 fruit varieties and 3 vegetable varieties will be served every day. A minimum of 5 fruit varieties and 5 vegetables varieties will be served across the week				
Lunch Served with tap water. Apple slices are offered at the end of the meal for teeth cleaning as part of our dental hygiene practices	Stir-Fry Chicken With hokkien noodles	Beef Ragu With penne	Chicken Risotto	Leek and Potato Soup With fresh bread	Build Your Own Taco
Vegetarian option	Stir-fry Tofu	Chickpea and Mushroom Ragu	Asparagus Risotto	As above	Black bean
Afternoon Tea Served with milk and water	Scones	Veggie Sticks and Dip	Picklets	Baked Fruit and Yoghurt	Muesli Slice
Late snack	Wholemeal rice cakes with sliced cheese				

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Spring Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, cornflakes, wholegrain cereals, wholemeal toast, milk, soy milk, natural yoghurt				
Morning Tea Served with milk and water	Seasonal Fresh fruit and vegetable platter A minimum of 3 fruit varieties and 3 vegetable varieties will be served every day. A minimum of 5 fruit varieties and 5 vegetables varieties will be served across the week				
Lunch Served with tap water. Apple slices are offered at the end of the meal for teeth cleaning as part of our dental hygiene practices	Pumpkin & Chickpea Curry With brown rice	Stir-fry Beef With rice noodles	Chicken Mac 'n' Cheese	Braised Pork With mash potatoes	Chicken Paella
Vegetarian option	As above	Black bean Stir-fry	Mac 'n' Cheese	Pan fried tofu	Mushroom Paella
Afternoon Tea Served with milk and water	Muffins	Bircher Muesli & Yoghurt	Blueberry Slice	Oat & Chia seed Biscuits	Muesli Slice
Late snack	Wholemeal rice cakes with sliced cheese				

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