

Week 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Choose from: Weetbix , wholemeal toast served with milk / water				
MORNING TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Wholemeal toast w/ spreads (butter, vegemite & strawberry jam)	Seasonal Fruit Wholemeal Banana Bread	Seasonal Fruit Cheesy Vegemite Scrolls	Seasonal Fruit Homemade granola with yoghurt	Seasonal Fruit Wholemeal raisin toast
LUNCH	Drink	Water	Water	Water	Water	Water
	Food (including recipe/ ingredient details)	Pumpkin, spinach & lamb pasta <i>0-1yrs: Pumpkin, spinach &amp; lamb pasta puree</i>  (Main ingredients: butternut pumpkin, spinach, lamb, penne pasta)	Vegetarian Tofu Fried Rice w/ tomato wedges <i>0-1yrs: Vegetarian Fried Rice Puree</i>  (Main ingredients: tofu, peas, carrots, corn, rice, soy sauce, tomatoes)	Cheeseburgers with salad <i>0-1yrs:</i>  (Main ingredients: minced beef, breadcrumbs, cheese, burger bun, lettuce, cucumber, tomato, beetroot, Italian dressing)	Marinated chicken strips w/ boiled potatoes and salad <i>0-1yrs: Marinated chicken strips w/ boiled potatoes &amp; veggies puree</i>  (Main ingredients: chicken breast, natural yoghurt, lemon, garlic, parsley, potatoes, lettuce, cucumber, radish, Italian dressing)	Beef Chow Mein (noodles) <i>0-1yrs: Beef Chow Mein puree</i>  (Main ingredients: beef mince, peas, carrot, corn, shredded cabbage, soy sauce, oyster sauce, Worcestershire sauce, rice noodles )
		Vegetarian Variation: Pumpkin and spinach pasta	Vegetarian Variation: Vegetarian Fried Rice w/ tomato wedges	Vegetarian Variation: Cheeseburgers with salad (veggie patty)	Vegetarian Variation: vegetarian sausages w/ boiled potatoes and salad	Vegetarian Variation: Vegetable Chow Mein (vegetarian mince)
		Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges
AFTERNOON TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Carrot & Cucumber sush i rolls	Seasonal fruit Dried dates, Saos & cheese cubes	Seasonal fruit Wholemeal blueberry and banana slice	Seasonal Fruit Dried apricots Selection of wholemeal sandwiches: ham & cheese, chees, & vegemite	Seasonal Fruit Mini pizza scrolls
Late Snack		Choose from: carrot, cucumber sticks served with water				

Note: Birthday cakes will be served on Monday's and Friday's with Afternoon Tea.

Week 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Choose from: Weetbix , wholemeal toast served with milk / water				
MORNING TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Wholemeal toast w/ spreads	Seasonal Fruit Wholemeal homemade pear & raspberry bread	Seasonal fruit Grilled cheese & vegemite wholemeal toast	Seasonal fruit Homemade granola with yoghurt	Seasonal fruit Wholemeal raisin Toast
LUNCH	Drink	Water	Water	Water	Water	Water
	Food (including recipe/ ingredient details)	Beef spaghetti Bolognese 0-1yrs: Beef spaghetti Bolognese puree  (Main ingredients: beef mince, carrot, zucchini, eggplant, diced tomato & spaghetti )	Lebanese chicken & Rice w/ salad (Italian dressing) 0-1yrs: Lebanese chicken & rice w/ veggies puree  (Main ingredients: chicken breast, onion, rice, tomato, cucumber, lettuce)	Homemade beef & spinach sausage rolls w/ salad 0-1yrs: Mashed sausage rolls with diced tomatoes and cucumbers  (Main ingredients: Beef mince, spinach, puff pastry, lettuce, cucumber, tomato)	Crumbed fish fillets & pasta salad 0-2yrs: Fish fingers & pasta salad puree  (Main ingredients: fish fingers, spiral pasta, corn, cucumber, Italian dressing)	Lamb, Veggies and Rice 0-2yrs: Lamb, Veggies and Rice Puree  (Main ingredients: Lamb, zucchini, sweet potato, peas, rice)
		Vegetarian Variation: Vegetarian spaghetti Bolognese	Vegetarian Variation: vegetarian fried rice	Vegetarian Variation: vegetarian mince replacing beef mince – as above	Vegetarian Variation: Pasta salad	Vegetarian Variation: vegetarian mince replacing beef mince – as above
		Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges t	Dessert: Seasonal fruit wedges
AFTERNOON TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Jatz, cheese cubes and cucumber slices	Seasonal Fruit Dried Apricots Selection of sandwiches: ham & cheese, cheese, & vegemite	Seasonal fruit Wholemeal blueberry and banana slice	Seasonal Fruit Dried dates Corn thins with spreads	Seasonal Fruit Wholemeal muffins with cheese
Late Snack		Choose from: carrot, cucumber sticks served with water				

Note: Birthday cakes will be served on Monday's and Friday's with Afternoon Tea.

Week 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Choose from: weetbix , wholemeal toast served with milk / water				
MORNING TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Wholemeal raisin toast	Seasonal Fruit Homemade granola with yoghurt	Seasonal Fruit Cheesy Vegemite Scrolls	Seasonal Fruit Wholemeal Banana Bread	Seasonal Fruit Wholemeal toast w/ spreads (butter, vegemite & strawberry jam)
LUNCH	Drink	Water	Water	Water	Water	Water
	Food (including recipe/ ingredient details)	Beef Chow Mein (noodles) 0-1yrs: <i>Beef Chow Mein</i> puree  (Main ingredients: beef mince, peas, carrot, corn, shredded cabbage, soy sauce, oyster sauce, Worcestershire sauce, rice noodles )	Marinated chicken strips w/ boiled potatoes and salad 0-1yrs: <i>Marinated chicken strips w/ boiled potatoes &amp; veggies puree</i>  (Main ingredients: chicken tenderloins, natural yoghurt, lemon, garlic, parsley, potatoes, lettuce, cucumber, radish, Italian dressing)	Cheeseburgers with salad 0-1yrs:  (Main ingredients: minced beef, breadcrumbs, cheese, burger bun, lettuce, cucumber, tomato, beetroot, Italian dressing)	Vegetarian Tofu Fried Rice w/ tomato wedges 0-1yrs: <i>Vegetarian Fried Rice Puree</i>  (Main ingredients: tofu, peas, carrots, corn, rice, soy sauce, tomatoes)	Pumpkin, spinach & lamb pasta 0-1yrs: <i>Pumpkin, spinach &amp; lamb pasta puree</i>  (Main ingredients: butternut pumpkin, spinach, lamb, penne pasta)
		Vegetarian Variation: Vegetable Chow Mein (vegetarian mince)	Vegetarian Variation: vegetarian sausages w/ boiled potatoes and salad	Vegetarian Variation: Cheeseburgers with salad (veggie patty)	Vegetarian Variation: Vegetarian Fried Rice w/ tomato wedges	Vegetarian Variation: Pumpkin and spinach pasta
		Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges
AFTERNOON TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Mini pizza scrolls	Seasonal Fruit Dried apricots Selection of wholemeal sandwiches: ham & cheese, chees, & vegemite	Seasonal fruit Wholemeal blueberry and banana slice	Seasonal fruit Dried dates, Saos & cheese cubes	Seasonal Fruit Carrot & Cucumber sushi rolls
Late Snack		Choose from: carrot, cucumber sticks served with water				

Note: Birthday cakes will be served on Monday's and Friday's with Afternoon Tea.

Week 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Choose from: weetbix , wholemeal toast served with milk / water				
MORNING TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal fruit Wholemeal raisin Toast	Seasonal fruit Homemade granola with yoghurt	Seasonal fruit Grilled cheese & vegemite wholemeal toast	Seasonal Fruit Wholemeal homemade pear & raspberry bread	Season Fruit Wholemeal toast w/ spreads
LUNCH	Drink	Water	Water	Water	Water	Water
	Food (including recipe/ ingredient details)	Lamb, Veggies and Rice <i>0-2yrs: Lamb, Veggies and Rice Puree</i>  (Main ingredients: Lamb, zucchini, sweet potato, peas, rice)	Crumbed fish fillets & <b>pasta salad</b> <i>0-2yrs: Fish fingers &amp; pasta salad puree</i>  (Main ingredients: fish fingers, spiral pasta, corn, cucumber, Italian dressing)	Homemade beef & spinach <b>sausage rolls</b> w/ salad <i>0-1yrs: Mashed <b>sausage rolls</b> with diced tomatoes and cucumbers</i>  (Main ingredients: Beef mince, spinach, puff pastry, lettuce, cucumber, tomato)	Lebanese chicken & Rice w/ salad (Italian dressing) <i>0-1yrs: Lebanese chicken &amp; rice w/ veggies puree</i>  (Main ingredients: chicken breast, onion, rice, tomato, cucumber, lettuce)	Beef <b>spaghetti</b> Bolognese <i>0-1yrs: Beef spaghetti Bolognese puree</i>  (Main ingredients: beef mince, carrot, zucchini, eggplant, diced tomato & <b>spaghetti</b> )
		Vegetarian Variation: vegetarian mince replacing beef mince – as above	Vegetarian Variation: Pasta salad	Vegetarian Variation: vegetarian mince replacing beef mince – as above	Vegetarian Variation: vegetarian fried rice	Vegetarian Variation: Vegetarian spaghetti Bolognese
		Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges t	Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges	Dessert: Seasonal fruit wedges
AFTERNOON TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Wholemeal muffins with cheese	Seasonal Fruit Dried dates Corn thins with spreads	Seasonal fruit Wholemeal blueberry and banana slice	Seasonal Fruit Dried Apricots Selection of sandwiches: ham & cheese, cheese, & vegemite	Seasonal Fruit Jatz, cheese cubes and cucumber slices
Late Snack		Choose from: carrot, cucumber sticks served with water				

Note: Birthday cakes will be served on Monday's and Friday's with Afternoon Tea.

Family Input for Summer Menu 2018/2019:

Delaney Family – sushi, mini wraps, **pasta salad**, rice salad, fried rice, schnitzel (baked), zucchini/corn fritters

Jabbour Family – burritos

Taylor Family – lasagne, **chipolatas/mini sausages (sausage rolls)**

O'Sullivan Family – **spaghetti**, tacos, cake