

## Weekly Meal Planner – Winter Menu Week 1



WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Assorted Fruit Platters	Rice Cakes with Assorted Spreads	Assorted Fruit Platters	Toast with Baked Beans	Yoghurt with Fruit Salad
<b>LUNCH</b>	Sandwich Platters with Assorted Fillings	Apricot Chicken served on a bed of vegetable rice containing peas, broccoli and zucchini	Chicken, Corn and Noodle Soup, served with sliced bread	Vegetarian Macaroni & Cheese	Sausage and Vegetable Pasta Salad
<b>Alternatives Provided Meet Children's Allergy, Dietary &amp; Cultural Requirements</b>	Gluten Free Bread with Vegetarian Toppings	Apricot Tofu pieces with vegetables and rice	GF Noodle Alternative	Dairy Free Alternative	Vegetarian and Lentil Pasta Salad
<b>AFTERNOON TEA</b>	Mini Munchers Platter  Consisting of cheese and vegetable sticks, apple slices, corn dip and rice crackers	Assorted Fruit Platters	Creamy Cheesymite Crackers with Vegetable Sticks Carrot, Celery, Cucumber	Tuna and Corn Patties	Anzac Slice
<b>Sample Baby Menu</b>	Pear and Apple Puree	Chicken, Rice and Vegetable Puree	Cauliflower, Broccoli & Apple Puree	Potato, Pumpkin & Banana Puree	Apple & Strawberry Puree

**Baby Menu is a guide of foods provided and may be subject to change. This menu is given to children not yet eating foods provided in the main menu.**

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and



## Weekly Meal Planner – Winter Menu Week 2



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Yoghurt with Frozen Berries	Sultana and Oat Slice with fruit salad	Baked Beans Muffins with Rice Crackers and Hummus	Assorted Toast with Spreads	Tuna and Broccoli Frittata
<b>LUNCH</b>	Beef and Chicken Noodles with mushrooms, carrots and lentils	Sandwich Platters with Assorted Fillings	Japanese Chicken Curry, served on a bed of rice	Spaghetti Bolognese poured over a base of spaghetti	Vegetable Hot Pot with Couscous
<b>Alternatives Provided Meet Children's Allergy, Dietary &amp; Cultural Requirements</b>	GF Noodles with Lentils and Vegetables	Gluten Free Bread with Vegetarian Toppings	Vegetarian Curry with Lentils	Beef Mince Optional GF Pasta	GF Couscous
<b>AFTERNOON TEA</b>	Cheesy Cucumber and Tomato Stacks	Vegetable Sticks with Hummus, and crackers	Fresh Watermelon Slices with Dried Fruit	Coconut Slice with Fresh Fruit	Mini Munchers Platter Consisting of cheese and vegetable sticks, apple slices, corn dip and rice crackers
<b>Sample Baby Menu</b>	Pear and Apple Puree	Chicken, Rice and Vegetable Puree	Cauliflower, Broccoli & Apple Puree	Potato, Pumpkin & Banana Puree	Apple & Strawberry Puree

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## Weekly Meal Planner – Winter Menu Week 3

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Assorted Fruit Platter	Yoghurt with Mixed Berries	Pineapple and Yoghurt Dip	Egg Slice	Toast with Baked Beans
<b>LUNCH</b>	Pork Mince and Vegetable Vermicelli	Chilli Con Carne With Loaded Vegetables	Sandwich Platters with Assorted Fillings	Chicken and Vegetable Curry	Penne Carbonara Creamy penne pasta filled with bacon and mushrooms
<b>Alternatives Provided Meet Children's Allergy &amp; Dietary Requirements</b>	Optional Mince	Lentil Substitute	Gluten Free Bread with Vegetarian Toppings	Vegetarian Option	GF Pasta, with optional bacon
<b>AFTERNOON TEA</b>	Mini Pizzas with Cheese and Crackers	Rice Cakes with Assorted Spreads	Banana Bread Always a winner... Never a crumb left on the plate	Mini Munchers Platter Consisting of cheese and vegetable sticks, apple slices, corn dip and rice crackers	Assorted Fruit Platter
<b>Sample Baby Menu</b>	Pear and Apple Puree	Chicken, Rice and Vegetable Puree	Cauliflower, Broccoli & Apple Puree	Potato, Pumpkin & Banana Puree	Apple & Strawberry Puree

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## Weekly Meal Planner – Winter Menu Week 4



WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Yoghurt with Frozen Berries	Assorted Fruit Platter	Toast with Assorted Spreads	Sultana and Oat Slice with fruit salad	Assorted Fruit Platter
<b>LUNCH</b>	Bacon and Tomato Pasta with Hidden Vegetables	Vegetarian Fried Rice	Chicken Risotto Risotto filled with chicken pieces, peas, capsicum and carrots.	Sandwich Platters with Assorted Fillings	Beef and Broccoli Stir fry
<b>Alternatives Provided Meet Children's Allergy &amp; Dietary Requirements</b>	GF pasta and without bacon Optional	Egg Free Available	Tofu Optional	Gluten Free Bread with Vegetarian Toppings	Chicken Optional
<b>AFTERNOON TEA</b>	Rice Cakes with Assorted Spreads	Devon and Cheese Sandwich Platter	Pineapple and Yoghurt Dip	Mini Munchers Platter Consisting of cheese and vegetable sticks, apple slices, corn dip and rice crackers	Vegetable Slice
<b>Sample Baby Menu</b>	Pear and Apple Puree	Chicken, Rice and Vegetable Puree	Cauliflower, Broccoli & Apple Puree	Potato, Pumpkin & Banana Puree	Apple & Strawberry Puree

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## Weekly Meal Planner – Winter Menu Week 5



WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Assorted Fruit Platter	Yoghurt with Fruit Salad	Assorted Fruit Platter	Rice Cakes with Assorted Spreads	Rice Milk Custard, with sliced fruit
<b>LUNCH</b>	Creamy Beef and Mushroom Stroganoff	Chicken Pesto Pasta	Pumpkin Soup with Natural Yoghurt, served with sliced bread	Butter Chicken	Sandwich Platters with Assorted Fillings
<b>Alternatives Provided Meet Children's Allergy &amp; Dietary Requirements</b>	Chicken Optional	Vegetarian Pesto Pasta with Lentils	Dairy Free Yoghurt	Tofu Optional	Gluten Free Bread with Vegetarian Toppings
<b>AFTERNOON TEA</b>	Devon and Cheese Sandwich Platter	Zucchini Slice	Cheesy Cucumber and Tomato Stacks	Fruity Crumble, served with custard	Mini Munchers Platter Consisting of cheese and vegetable sticks, apple slices, corn dip and rice crackers
<b>Sample Baby Menu</b>	Pear and Apple Puree	Chicken, Rice and Vegetable Puree	Cauliflower, Broccoli & Apple Puree	Potato, Pumpkin & Banana Puree	Apple & Strawberry Puree

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