



Autumn/Winter Menu



Weekly Menu Week 1 of 4	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
Morning Tea Water/Milk	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear and Banana	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear and Banana	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear and Banana	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear and Banana	Wholemeal Toast Cheese and Vegemite Served with fresh fruit Apple, Pear and Banana
Lunch (Main) Water	Minestrone Soup w/Wholemeal Bread Main Ingredients: Onion, carrot, garlic, potato, vegetable stock, dried kidney beans, tomatoes, parmesan cheese & pasta	Shepherd's Pie Main Ingredients: Beef mince, frozen mixed vegetables, onion, tomato paste & puree and potato	Spaghetti Bolognese Main Ingredients: Beef mince, frozen mixed vegetables, passata sauce, pasta & shredded cheese	Chicken & Sweet Corn Soup W/Wholemeal Bread Main Ingredients: Chicken breast fillet, carrot, creamed corn, corn kernels & rice noodles	Beef Casserole and Rice Main Ingredients: Beef, potato, carrot, frozen peas, tomato paste & puree, onion, garlic, green beans and long grain rice
Lunch (Seconds)	Vegetable Sticks with Cheese Slices	Tinned Fruit Salad	Banana Smoothie	Apple, Banana & Pear Slices	Vanilla Custard Nursery Room: Vanilla Yoghurt
Afternoon Tea Water	Vanilla Yoghurt Served with Apple Wedges	Savoury Platter Cheese, cucumber, carrot sticks, rice crackers & tzatziki dip Nursery Room: Rye Bread w/cream cheese	Scones w/Cream Cheese	Wholemeal Pita Pizzas Pita Bread, ham, capsicum, mushroom, cheese & tomato puree Served with Banana & Apple	Rice Cakes & Cream Cheese Nursery Room: Cheese Sandwiches Served with Apple Wedges, Banana
Water	Water is freely available to all children throughout the day.				
Infants (eating solids)	A variety of healthy foods are offered everyday including iron-rich foods, fruit, vegetables. Foods are an appropriate texture for infants.				
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.				

