



# Week 1 Menu



<i>6 months – 5 years</i>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	Vanilla yoghurt with homemade muesli	Mixed berry muffins with a side of sultanas	Cheese sticks, cucumber, sultanas & crackers	Banana & cinnamon muffins	Seasonal fruit platters with crackers
<b>Drink</b>	Water	Water	Water	Water	Water
<b>Lunch</b> <i>(Babies have fresh mashed fruits and vegetables each day)</i>	<b>Fish fingers</b> with mashed potato & pumpkin & corn on the cob	<b>Selection of sandwiches</b> Multigrain & high fibre bread, vegan mayonnaise, ham & chicken slices, cheese & vegemite	<b>Shepard's pie with mashed potato</b> Beef mince, carrot, peas, diced onion, garlic, stock, butter, lactose free milk, potato & cheese	<b>Chicken pesto pasta</b> Chicken breast, sundried tomatoes, basil, spinach, garlic, olive oil, cheese & pasta	<b>Chilli Con Carne with Basmati rice</b> Beef mince, diced onion, tomatoes, garlic, mixed herbs, tomatoes, capsicum, carrot, celery, paprika, cumin & kidney beans
<b>Afternoon Tea</b>	Seasonal fruit platters & crackers	Cream cheese corn thins with fresh fruit	Fresh seasonal fruits with Arrowroot biscuits	Cheese & vegemite scrolls with apple slices	Avocado dip with veggie sticks & crackers
<b>Break down per serve</b>	fruit veg dairy grain protein	fruit veg protein grain dairy	fruit grain dairy veg protein	fruit veg protein dairy grain	fruit veg protein grain dairy
<b>Allergens &amp; substitutes</b>	*Dairy – sub with coconut yoghurt	*Dairy – NO cheese, sub cream cheese with vegemite	*Dairy – sub cheese sticks with apple slices	*Dairy – NO cheese	



# Week 2 Menu



6 months – 5 years	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	Fresh seasonal fruit & crackers	Vanilla yoghurt with homemade muesli	Lemonade scones with strawberry jam & sultanas	Fresh fruit platters with Arrowroot biscuits	Banana & cinnamon muffins with sultanas
<b>Drink</b>	Water	Water	Water	Water	Water
<b>Lunch</b> <i>(Babies have fresh mashed fruits and vegetables each day)</i>	<b>Sweet &amp; sour chicken with jasmine rice</b> Chicken breast, onion, capsicum, pineapple, carrot & sweet and sour sauce	<b>Selection of sandwiches</b> Multigrain & high fibre bread, vegan mayonnaise, ham & chicken slices, cheese & vegemite	<b>Spaghetti Bolognese</b> Beef mince, diced onion, garlic, diced tomatoes, beef stock, grated carrot, zucchini & pumpkin with cheese & macaroni pasta	<b>Vegetarian spring rolls with fried rice</b> Spring rolls, basmati rice, carrot, peas, corn, tomato sauce & soy sauce	<b>Sausage sizzle</b> Beef sausages, high fiber bread, cheese, tomato sauce & corn on the cob
<b>Afternoon Tea</b>	Corn relish dip with tortilla bread & veggie sticks	Vegemite rice cakes with fresh fruit platters	Herb & garlic bread with a side of fresh fruit	Cheese sticks with cucumber, apple slices & crackers	Fresh fruit platters with saladas
<b>Break down per serve</b>	fruit veg protein dairy grain	fruit veg protein grain dairy	fruit grain dairy veg protein	fruit veg protein dairy grain	fruit veg protein grain dairy
<b>Allergens &amp; substitutes</b>	*Dairy – NO cream cheese. Sub with vegemite	*Dairy – NO cheese Sub vanilla yoghurt with coconut yoghurt	*Dairy – NO cheese	*Dairy – NO cheese, sub. with apple slices	*Dairy – NO cheese,



# Week 3 Menu



6 months – 5 years	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	Vanilla pancakes with a side of seasonal berries	Buttered raisin bread with fresh seasonal fruits	Baked beans with high fiber multigrain toast	Fresh seasonal fruits with a side of rice crackers	Full cream vanilla yoghurt with frozen berries
<b>Drink</b>	Water	Water	Water	Water	Water
<b>Lunch</b>  <i>Babies have fresh mashed fruits and vegetables each day.</i>	<b>Beef spaghetti with hidden vegetables</b> Beef mince, onion, garlic, beef stock, pumpkin, zucchini, and wheat pasta	<b>Sausages sweet potato mash &amp; corn</b> Beef & herb sausages, sweet potato, potato, butter, milk & tomato sauce	<b>Healthy chicken nachos</b> Cubed chicken breast, onion, tomatoes, corn, avocado, cumin, paprika, garlic, lime juice, corn chips & cheese	<b>Vegetarian lasagna</b> Diced tomatoes, zucchini, carrot, pumpkin and cabbage, wheat pasta sheets and passata sauce	<b>Mac and cheese with hidden vegetables</b> Macaroni pasta, cheese, milk, salt, pepper, cauliflower, diced onion & garlic
<b>Afternoon Tea</b>	Seasonal fresh fruit with homemade tortilla chips	Apple & pear muffins with a side of crackers	Weet bix & date slice with fresh seasonal fruit	Ham, cheese & pineapple mini muffins with a side of raw vegetables	Crackers with a side of fruit
<b>Break down per serve</b>	fruit veg protein dairy grain	fruit veg protein grain dairy	fruit grain dairy veg protein	fruit veg protein dairy grain	fruit veg protein grain dairy
<b>Allergens &amp; substitutes</b>	*Dairy – NO cheese, sub. yoghurt with apple *Vegetarian – sub. with avocado or cheese & lettuce sandwich	*Vegetarian – no sausages *Dairy – NO milk	*Dairy – NO cheese *Vegetarian – NO chicken, sub. with veggie nachos *Watermelon – sub. with any other fruit	*Dairy - NO cheese or yoghurt *Vegetarian – sub. With rice and veggies	*Dairy – sub. cream cheese with vegemite, sub. yoghurt with apple *Vegetarian – sub. with pasta & veg



# Week 4 Menu



6 months – 5 years	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>Morning Tea</b>	Full cream vanilla yoghurt with fresh fruit	Vegemite rice cakes with cheese cubes & a side of fresh fruit	Blueberry & raspberry muffins with a side of fresh fruit	Buttered raisin bread with fresh seasonal fruits	Fresh seasonal fruit with a side of crackers
<b>Drink</b>	Water	Water	Water	Water	Water
<b>Lunch</b>  <i>Babies have fresh mashed fruits and vegetables each day.</i>	<b>Macaroni cheese with zucchini &amp; cauliflower</b> Cheese, milk, flour, cauliflower, zucchini, diced onion & garlic		<b>Spinach, zucchini, and pumpkin pasta with crispy bacon bits</b> Wheat pasta, pumpkin, sweet potato, onion, garlic, veggie stick, bacon & cheese	<b>Beef and vegetable stew</b> Cubed beef, onion, garlic, tomatoes, passata, mushrooms, beef stock, potato, carrot, and celery	<b>Coconut creamy tuna and vegetable pasta</b> Tuna, peas, corn, carrot, coconut cream, vegetable stock and spiral wheat pasta
<b>Afternoon Tea</b>	Banana & cinnamon muffins with a side of crackers	Garlic & herb bread with a side of raw vegetables	Avocado dip with salad & raw vegetables	Cheese cubes with raw vegetables & crackers	Full cream vanilla yoghurt with fresh fruit
<b>Break down per serve</b>	fruit veg protein dairy grain	fruit veg protein grain dairy	fruit grain veg protein	fruit veg protein dairy grain	fruit veg protein grain dairy
<b>Allergens &amp; Substitutes</b>	*Dairy – sub. yoghurt with apple, NO cheese *Vegetarian – sub. with mixed veggies & pasta	*. Basmati rice with pasta *Dairy – NO milk *Vegetarian – sub. with rice & veggies	*Vegetarian – sub with vegetable pasta mix thought meat	*Dairy – NO sour cream, NO cheese *Vegetarian – sub. with pasta & veggies	*Dairy – NO cheese, sub. yoghurt with apple *Vegetarian – sub with pasta and vegetable mix with no meat