

Sample Menu

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<ul style="list-style-type: none"> • Cereals • Two fruits & sultanas • Milk & water 	<ul style="list-style-type: none"> • Wholemeal Bread & Spreads • Fresh Fruit & veg slices • Milk & water 	<ul style="list-style-type: none"> • Wholemeal bread & Spreads • Fresh Fruit • Milk & water 	<ul style="list-style-type: none"> • Wholemeal/ grain crackers & cheese • Fresh fruit/ vegetable slices • Milk & water 	<ul style="list-style-type: none"> • Homemade date scones • Fresh veg slices • Milk & water
Babies	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg
<i>Ingredients</i>	<i>Wheat biscuit, apple porridge, oat porridge, sultanas, milk</i>	<i>Wheat based bread, canola spread, vegemite, cheese spread, Seasonal fresh fruit & veg, milk</i>	<i>Wholemeal bread, canola margarine, vegemite, cheese spread, raspberry jam, seasonal fruit, milk</i>	<i>Wheat based Wholemeal or grain crackers, cow's milk cheese, seasonal fruit &/or vegetables, milk</i>	<i>Wholemeal bread, canola margarine, vegemite, cheese spread, seasonal veg, milk</i>
LUNCH	<ul style="list-style-type: none"> • Beef & vegetable pasta • Cheese • Water 	<ul style="list-style-type: none"> • Cheesy chicken macaroni bake • Water 	<ul style="list-style-type: none"> • Kanga-bangas & mash • Vegetables • Gravy • Water 	<ul style="list-style-type: none"> • Roast beef & vegetables • Gravy • Water 	<ul style="list-style-type: none"> • Sandwiches • Water
Babies	As above pureed, forked or mashed as required	As above - pureed, forked or mashed as required	As above - pureed, forked or mashed as required	As above - pureed, forked or mashed as required	As above, small pieces
<i>Ingredients</i>	<i>Lean beef mince, mixed vegetables, onion, garlic, red lentils, bottled pasta sauce, tinned tomato, wholemeal wheat pasta, pepper</i>	<i>Chicken, wheat pasta, tin condensed celery soup, cheese, tomatoes, broccoli, carrot, corn, mustard, garlic, and onion</i>	<i>Lean kangaroo sausages, potatoes, milk, pepper, gravy mix (wheat based), seasonal vegetables</i>	<i>Pork, potatoes, sweet potato, seasonal vegetables, gravy mix (wheat based)</i>	<i>Wholemeal bread, egg, tomato, ham, corn, carrot, cucumber, lettuce, margarine, beetroot, tuna, beef</i>
AFTERNOON TEA	<ul style="list-style-type: none"> • Raisin bread • Fresh fruit & veg slices • Milk & water 	<ul style="list-style-type: none"> • Cheesy garlic biscuits • Fresh fruit & veg slices • Milk & water 	<ul style="list-style-type: none"> • Pumpkin Muffins • Fresh fruit • Milk & water 	<ul style="list-style-type: none"> • Child-made Sushi • Milk and water 	<ul style="list-style-type: none"> • Yoghurt & two fruits • Milk & Water
Babies	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg
<i>Ingredients</i>	<i>Wheat based bread, canola spread. Seasonal fresh fruit & veg, milk</i>	<i>Wheat based flour, cheese, garlic, milk, canola spread, baking powder, seasonal fruits & vegetables</i>	<i>May contain wheat based flour, fruit, milk, eggs, oats jam, canola spread, butter Seasonal fresh fruit</i>	<i>Nori, rice, vinegar, cucumber, avocado, carrot, capsicum, milk</i>	<i>Cow's milk yoghurt, two fruits, cow's milk</i>

Sample Menu



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<ul style="list-style-type: none"> Cereals Two fruits & sultanas Milk & water 	<ul style="list-style-type: none"> Wholemeal Bread & Spreads Fresh Fruit & veg slices Milk & water 	<ul style="list-style-type: none"> Wholemeal/ grain crackers & cheese Fresh fruit/ vegetable slices Milk & water 	<ul style="list-style-type: none"> Wholemeal Bread & Spreads Fresh Fruit & veg slices Milk & water 	<ul style="list-style-type: none"> Homemade scones Fruit & Vegetables slices Milk, & water
Babies	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg
<i>Ingredients</i>	<i>Wheat biscuit, apple porridge, oat porridge, sultanas, milk</i>	<i>Wholemeal bread, canola margarine, vegemite, cheese spread, seasonal fruit & veg, milk</i>	<i>Wheat based Wholemeal or grain crackers, cow's milk cheese, seasonal fruit &/or vegetables, milk</i>	<i>Wholemeal bread, canola margarine, vegemite, cheese spread, seasonal fruit & veg, milk</i>	<i>Wheat wholemeal flour, milk, canola spread, vegemite, seasonal fruit & veg</i>
LUNCH	<ul style="list-style-type: none"> Cowboy casserole Rice Green beans and corn water 	<ul style="list-style-type: none"> Sheppard's pie Water 	<ul style="list-style-type: none"> Ham & corn savoury muffins water 	<ul style="list-style-type: none"> Chop suey chow mein water 	<ul style="list-style-type: none"> Pasta and beef vegetable sauce Water
Babies	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg
<i>Ingredients</i>	<i>Onion, beef, garlic, potatoes, tinned tomatoes, kidney beans, corn, green beans</i>	<i>Beef/lamb mince, onion, potatoes, mixed vegetables, beef stock, pepper, sweet potato, gravy mix (wheat based)</i>	<i>Wheat flour, paprika, chopped ham, canned corn, red capsicum, zucchini, margarine, milk, egg,</i>	<i>Beef mince, carrots, red lentils, celery, cabbage, zucchini, onions, rice, curry powder, wheat based noodles, oil</i>	<i>Oil, onion, garlic, beef mince, tinned tomatoes, red lentils, mixed vegetables, wheat based pasta, oregano, tinned condensed tomato sop</i>
AFTERNOON TEA	<ul style="list-style-type: none"> Scones Fresh seasonal fruits Milk & water 	<ul style="list-style-type: none"> Creamed Rice Fruit Milk & water 	<ul style="list-style-type: none"> Wholemeal Bread & Spreads Fresh Fruit & veg slices Milk & water 	<ul style="list-style-type: none"> Home baking Fresh fruit Milk & water 	<ul style="list-style-type: none"> Raisin bread Fresh fruit Milk & water
Babies	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg	As above, breast/ formula, pureed fruit &/or veg
<i>Ingredients</i>	<i>Wheat based flour, eggs, milk, sugar, canola spread, jam, vegemite, Seasonal fresh fruit, milk</i>	<i>Rice, vanilla essence, sugar, milk, fruit</i>	<i>Wholemeal bread, canola margarine, vegemite, cheese spread, seasonal fruit & veg, milk</i>	<i>May contain wheat based flour, fruit, milk, eggs, oats ,canola spread, butter, coconut Seasonal fresh fruit, cheese, garlic</i>	<i>Wheat based bread, canola spread. Seasonal fresh fruits, milk</i>