

WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals: Rice Bubbles, Wheatbix, Corn Flakes with full cream milk or wholemeal toast with spreads: vegemite, cream cheese). Served with full cream milk, formula or water.				
Morning Tea (6-12 months)	Fruit Puree				
Morning Tea (1 years - 6 years) served with full cream or reduced fat milk or water	Raisin Toast Fingers Served with fresh fruit and vegetable platter. Wholemeal raisin toast , Butter	Yoghurt Cups Fat reduced yoghurt	Apple & Cinnamon Muffin Served with fresh fruit and vegetable platter. Apple, cinnamon, wholemeal flour, milk, vanilla essence, sultanas, brown rice syrup, apple sauce	Baked Pear & Custard Cups Pear, cinnamon, butter, custard	Corn Relish Dip with Crackers Served with fresh fruit and vegetable platter. Corn Relish, Plain Greek Yoghurt, wholemeal crackers
Lunch (6-12 months)	Protein and Vegetable Puree based on the daily menu meal				
Lunch (1 years - 6 years) served with water	Beef & Macaroni Cheese Bake Beef mince, Wholemeal macaroni pasta, cheddar cheese, broccoli	Devilled Sausages with Rice Beef Sausages, vegetables, brown rice	Roast Chicken & Salad Wraps Chicken, lettuce, tomato, cucumber, beetroot	Tuna Pasta Bake Tuna, wholemeal pasta, breadcrumbs, peas, broccoli, cauliflower, flour, milk, cheese	Beef Fried Rice Chicken, brown rice, peas, corn, carrot, salt reduced soy sauce
Lunch Vegetarian meal		Vegetarian Devilled Sausages	Salad Wraps	Cheesy Pasta Bake	Vegetable Fried Rice
Afternoon Tea (6-12 months)	Fruit Based Puree				
Afternoon Tea (1 years - 6 years) served with full cream or reduced fat milk or water	Banana Muffins Banana, wholemeal flour, apple sauce, milk, butter	Margarita Pizza Sticks Served with fresh fruit and vegetable platter. Flour, Greek yoghurt, cheese, passata, fresh herbs	Savoury Platter Cheese, cabanossi, cucumber, carrot, crackers, dried fruit	Wholemeal Cruskits with spreads Served with fresh fruit and vegetable platter. Cruskits, spreads (cream cheese or vegemite)	Muesli Fruit Slice Muesli, dried fruit, honey, apple sauce
Late Snack	Wholemeal Sandwiches: assorted spreads including vegemite, cream cheese. Served with water				

SAMPLE MENU

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals: Rice Bubbles, Wheatbix, Corn Flakes with full cream milk or wholemeal toast with spreads: vegemite, cream cheese). Served with full cream milk, formula or water.				
Morning Tea (6-12 months)	Fruit Puree				
Morning Tea (1 years - 6 years) served with full cream or reduced fat milk or water	Hummus Dip with Pita Bread Served with fresh fruit and vegetable platter. Chickpeas, reduced fat greek yoghurt, pita bread, cucumber, tomatoes, celery	Cheese Sandwiches Reduced fat cheese, wholemeal bread	Fruit Yoghurt Served with fresh fruit and vegetable platter. Reduced fat fruit yoghurt	Avocado Dip with Vegetable Sticks Avocado, plain Greek yoghurt, cucumber, carrot, celery	Rice Crackers with spreads Served with fresh fruit and vegetable platter. Wholemeal rice cakes, spreads (vegemite and cream cheese)
Lunch (6-12 months)	Protein and Vegetable Puree based on the daily menu meal				
Lunch (1 years - 6 years) served with water	Beef Stroganoff with Spiral Pasta Beef mince, broccoli, pasta, tomatoes, garlic	Apricot Chicken with Rice Chicken mince, apricot nectar, rice, peas and corn, cauliflower	DIY Salad Sandwiches Spinach, Lettuce, tomatoes, cucumber, carrot	Butter Beef Curry with Rice Indian Spices, corn, peas, rice, beef mince	Tuna & Vegetable Fritters with Salad Tuna, corn, peas, broccoli, flour, apple sauce, lettuce, carrot, cucumber
Lunch Vegetarian meal	Vegetarian Bolognaise with Spiral Pasta	Apricot Chickpeas with Rice	Split Pea & Lentil Butter Sauce with Rice	Split Pea & Lentil Butter Sauce with Rice	Vegetable Pie with Salad
Afternoon Tea (6-12 months)	Fruit Based Puree				
Afternoon Tea (1 years - 6 years) served with full cream or reduced fat milk or water	Banana Pikelets Wholemeal flour, banana, milk, apple sauce	Apple & Oat Slice Served with fresh fruit and vegetable platter. Apples, oats, milk, sultanas, apple sauce, flour	Garlic and Herb Baguette Wholemeal baguette, garlic, parsley	Ricotta and Spinach Pastizzi Served with fresh fruit and vegetable platter. Ricotta cheese, spinach, filo pastry	Sweet Potato Dip with Vegetable Sticks Sweet potato, greek yoghurt, celery, carrot, cucumber. Pita bread
Late Snack	Wholemeal Sandwiches: assorted spreads including vegemite, cream cheese. Served with water				

WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals: Rice Bubbles, Wheatbix, Corn Flakes with full cream milk or wholemeal toast with spreads: vegemite, cream cheese. Served with full cream milk, formula or water.				
Morning Tea (6-12 months)	Fruit Puree				
Morning Tea (1 years - 6 years) served with full cream or reduced fat milk or water	Vegemite and Cheese Tiger Toast Served with fresh fruit and vegetable platter. Wholemeal toast, vegemite, reduced fat cheese slices	Banana, Sultana & Carrot Muffins Banana, carrot, sultanas, milk, apple sauce, wholemeal flour	Ham, Cheese & Tomato Scrolls Served with fresh fruit and vegetable platter. Shaved ham, cheese, tomato pasta, puff pastry	French Onion Dip with Vegetable Sticks & Crackers French onion dip, reduced fat Greek yoghurt, celery, carrot, cucumber, cheese	Cheese & Tomato Crackers Served with fresh fruit and vegetable platter. Wholemeal crackers
Lunch (6-12 months)	Protein and Vegetable Puree based on the daily menu meal				
Lunch (1 years - 6 years) served with water	Beef Stroganoff with Spiral Pasta Beef mince, garlic, wholemeal pasta, tomatoes, stock, broccoli, carrot, corn, mushrooms	Ham & Salad Wraps Shaved ham, tomatoes, spinach, lettuce, cucumber, carrot, wholemeal wraps	Vegetarian Enchillada Broccoli, corn, peas, 4 mix beans, tomato puree, wrap bread, cheese	Beef Tacos Beef mince, lettuce, carrot, tomato, taco shells	Cheesy Tomato & Spinach Pasta Cheese, tomato puree, spinach, corn, peas, wholemeal pasta
Lunch Vegetarian meal	Mushroom Stroganoff with Spiral Pasta	Salad Wraps	Vegetarian Stir Fry	Vegetarian Tacos	
Afternoon Tea (6-12 months)	Fruit Based Puree				
Afternoon Tea (1 years - 6 years) served with full cream or reduced fat milk or water	Anzac Biscuit Bites Oats, wholemeal flour, apple sauce, golden syrup, milk, butter	Savoury Platter Served with fresh fruit and vegetable platter. Cabanossi, carrot, celery, cheese, cucumber, sultanas	Cheese Sandwiches Cheese slices, wholemeal bread	Pumpkin Scones Served with fresh fruit and vegetable platter. Pumpkin, apple sauce, wholemeal flour, milk	Sweet Corn Dip with Pita Bread & Vegetable Sticks Corn relish, Greek yoghurt, celery carrot, cheese, cucumber, pita bread
Late Snack	Wholemeal Sandwiches: assorted spreads including vegemite, cream cheese. Served with water				

WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals: Rice Bubbles, Wheatbix, Corn Flakes with full cream milk or wholemeal toast with spreads: vegemite, cream cheese). Served with full cream milk, formula or water.				
Morning Tea (6-12 months)	Fruit Puree				
Morning Tea (1 years - 6 years) served with full cream or reduced fat milk or water	Yoghurt & Baked Muesli Cups Served with fresh fruit and vegetable platter. <small>Reduced fat fruit yoghurt, oats</small>	Turkish Toast <small>Turkish bread, butter</small>	Hummus with Pita Bread Served with fresh fruit and vegetable platter. <small>Chickpeas, pita bread</small>	Banana & Coconut Loaf <small>Banana, apple sauce, wholemeal flour, desiccated coconut</small>	Vegemite & Cheese Scrolls Served with fresh fruit and vegetable platter. <small>Vegemite, cheese, filo pastry</small>
Lunch (6-12 months)	Protein and Vegetable Puree based on the daily menu meal				
Lunch (1 years - 6 years) served with water	Cheesy Beef Rissoles with Salad with Tomato Sauce <small>Cheese, beef mince, tomatoes breadcrumbs, apple sauce, milk, corn, peas, broccoli</small>	Creamy Tuna Summer Salad <small>Pasta, corn, peas, carrot, spinach, egg-free mayo, tuna</small>	Beef Nachos <small>Beef mince, lettuce, carrot, tomato, nacho chips</small>	Cheesy Pasta Bake <small>Tomatoes, wholemeal pasta, peas, broccoli, frozen mix vegetables, cheese</small>	BBQ Beef Pizza <small>Beef, Greek yoghurt, wholemeal flour, capsicum, spinach, cheese, tomatoes</small>
Lunch Vegetarian meal		Cheesy Vegetable Rissoles with Salad & Tomato Sauce	Vegetarian Enchiladas		Vegetarian Pizza
Afternoon Tea (6-12 months)	Fruit Based Puree				
Afternoon Tea (1 years - 6 years) served with full cream or reduced fat milk or water	Savoury Muffins <small>Carrot, corn, wholemeal flour, apple sauce, milk</small>	Apricot Muesli Rounds Served with fresh fruit and vegetable platter. <small>Apricot, oats, wholemeal flour, milk, apple sauce</small>	Cheesy Pastizzi <small>Grated cheese, ricotta, filo pastry</small>	Dried Fruit & Vegetable Platter Served with fresh fruit and vegetable platter. <small>Apricot, sultanas, celery, carrot, cucumber</small>	Avocado Dip with Vegetable Sticks <small>Avocado, Greek yoghurt, celery, carrot, cucumber</small>
Late Snack	Wholemeal Sandwiches: assorted spreads including vegemite, cream cheese. Served with water				