



Spring Weekly Menu

Menu Rotation:
Week 1



Fresh Puree Options



Breakfast Options



Late Snack Options



Please advise if Halal menu is required.

Monday

Mango Moment

Nutritious rolled oats softened in milk and natural yoghurt, sweetened naturally with frozen mango, grated or tinned apple, a hint of cinnamon and more fresh fruit on the side. YUM!

Tuesday

ABC Breakfast Muffins

Apple, Banana & Carrot combine in these delicious soft **sugar-free muffins** with added oats for nutrition and to keep tummies full for longer.

Wednesday

Crunch & Munch Platter

A great way for our little people to try new tastes and textures! Cottage cheese dip, tasty cheese, green beans, apples, pears, oranges, toasted pitta bread or wholemeal rice crackers.

Thursday

Nana's Nicest Baked Beans

Low salt baked beans made a little fancy with some added cumin, tasty cheese and a dash of dried herbs. Served with dipping triangles of warm wholemeal bread, fresh apple and orange slices.

Friday

Golden Fruit Crunch

Nutritious rolled oats, shredded coconut, peach slices, banana, cinnamon, a touch of maple syrup & plain yoghurt (Served as bowl or smoothie option).

Morning
Tea

Sticky Teriyaki Beef & Fluffy Rice



Vegetarian Option:

Sticky Teriyaki Tofu & Fluffy Rice

Key Ingredients:

Beef, brown onion, white rice, lentils, corn, green beans, soy sauce, beef stock, capsicum, garlic

Chicken & Lentil San Choy Bau

Delicate San Choy Bau flavours, extra iron from lentils & vitamins from veggies.



Vegetarian Option:

Tofu & Lentil San Choy Bau

Key Ingredients: Chicken mince, carrot, lettuce, mushroom, water chestnuts, lentils, rice noodles, onion, garlic, ginger, soy sauce, oyster sauce

Nonna's Traditional Bolognese

Hearty, rich and bursting with 'hidden vegetables'.



Vegetarian Option:

Tomato & Lentil Bolognese

Key Ingredients:

Beef, onion, carrot, celery, garlic, tomato paste, passata, lentils, penne, tasty cheese, basil, oregano

Garlic Chicken & Veggie Stir Fry

Chicken veggies combined with delicious asian flavours, served with brown rice.



Vegetarian Option:

Tofu & Veggie Stir Fry

Key Ingredients: Beef mince, firm tofu, cabbage, carrot, corn, peas, egg noodles, oyster sauce, soy sauce, bbq sauce, cornflour, beef stock

Build Your Own Beef Burrito Bowls

Can you build it? Yes you can!



Vegetarian Option:

BYO Bean Burrito Bowls

Key Ingredients:

Beef, brown rice, corn, kidney beans, lettuce, iceberg lettuce, tomatoes, carrots, onion, garlic, paprika, cumin, coriander, tomato paste, cheese

Lunch

Banana & Berry Muffins

Fresh baked muffins bursting with banana and berry fruits, served with a side of fresh beans & orange slices.

Hulk Hummus Platter

Option 1 - Plain hummus- chickpeas, olive oil, garlic, lemon juice, paprika
Option 2 - Hulk hummus- hummus blended with spinach, basil & cheese!
Dip away with rice crackers or pita crisps, carrot sticks, sliced tasty cheese & fresh fruit.

Orange, Yellow, Green!

Encouraging children to eat more 'colours', we serve green beans, mini corn cobs & orange slices with yummy cheese & vegemite sandwich triangles.

Easy Oaty Slice & Sides

A scrumptious chewy slice of oats, chia, margarine, **dried apple**, vanilla & brown sugar, served with carrot & cucumber sticks on the side.

Crunchy Tomato Cheese

Sweet Puree

Apple & strawberry

Savoury Puree

Sweet potato, carrot

Sweet Puree

Pear & apple

Savoury Puree

Broccoli, bean, potato

Sweet Puree

Banana & apple

Savoury Puree

Carrot, pea

Sweet Puree

Mango & banana

Savoury Puree

Potato, carrot

Sweet Puree

Banana & pear

Savoury Puree

Broccoli, potato

Afternoon
Tea

Puree

Dear families, please note: full cream milk is available to children on request at meals, fresh water is frequently offered throughout the day. Dairy & Gluten free, Halal or other specific food options are prepared if required. Early breakfast options include wheatbix or cornflakes and the option of rice or cows milk. Late afternoon snacks include options from the five food groups. When babies are transitioning to purees & other solid foods, we work & communicate closely with families to ensure new foods are being trialled at home first before being offered a pureed or finger food option of the daily dishes.