



Sample Menu

Week	Breakfast	Morning tea served with milk	Lunch & dessert served with water	Vegetarian meal	Babies meal	Afternoon tea served with milk	Late afternoon tea
Mon	<p>Weet-Bix served with milk and fresh season fruit</p> <p>OR</p> <p>Homemade toasted muesli with bran cereal, rolled oats, sunflower kernels, chia seeds, cinnamon, coconut flakes with a drizzle of honey served with milk and seasonal fresh fruit/yoghurt</p>	Fruit and vegetable sticks with raisin toast	<p>Fish cakes with tomato, cucumber, carrot salad and bread</p> <p>Fruit and yoghurt</p>	<p>Vegetable fritters with tomato, cucumber, carrot salad and bread</p> <p>Fruit and yoghurt</p>	<p>A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower</p> <p>Selection of mashed or pureed fruit</p>	Fruit and veggie sticks with banana bread	A selection of fruit and veggie sticks with a savoury biscuit
Tues		Fruit and vegetable sticks with cheese and corn crispbread	<p>Moroccan beef casserole with peas, capsicum, sweet potato and couscous</p> <p>Fruit</p>	<p>Moroccan vegetable casserole with peas, capsicum, sweet potato and couscous</p> <p>Fruit</p>	<p>A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower</p> <p>Selection of mashed or pureed fruit</p>	Fruit and veggie sticks with baked beans on toast with jam	A selection of fruit and veggie sticks with a savoury biscuit
Wed		Fruit and vegetable sticks with wholemeal vegemite toast	<p>Creamy chicken pasta bake with pumpkin, beans and carrot</p> <p>Fruit and yoghurt</p>	<p>Creamy vegetable bake with pumpkin, beans and carrot</p> <p>Fruit and yoghurt</p>	<p>A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower</p> <p>Selection of mashed or pureed fruit</p>	Fruit and veggie sticks with cheese and corn muffins	A selection of fruit and veggie sticks with a savoury biscuit.
Thurs		Fruit and vegetable sticks with toasted Turkish bread and jam	<p>Vegetable korma curry with broccoli, potato, pumpkin, spinach and rice</p> <p>Fruit</p>	<p>Vegetable korma curry with broccoli, potato, pumpkin, spinach and rice</p> <p>Fruit</p>	<p>A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower</p> <p>Selection of mashed or pureed fruit</p>	Fruit and veggie sticks with cheese and Saos	A selection of fruit and veggie sticks with a savoury biscuit
Fri		Fruit and vegetable sticks with English muffins and cream cheese	<p>Beef lasagne with mushroom, tomato, capsicum and zucchini</p> <p>Fruit and yoghurt</p>	<p>Vegetable lasagne with mushroom, tomato, capsicum and zucchini</p> <p>Fruit and yoghurt</p>	<p>A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower</p> <p>Selection of mashed or pureed fruit</p>	Fruit and veggie sticks with tzatziki and bread	A selection of fruit and veggie sticks with a savoury biscuit