



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 corn thins and French onion dip	Vegetable curry with potato, peas, pumpkin and rice Fruit and yoghurt	Vegetable curry with potato, peas, pumpkin and rice Fruit and yoghurt	A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower Selection of mashed or pureed fruit	Fresh fruit and veggie and Anzac slice	A selection of fruit and veggie sticks with a savoury cracker biscuit
Tues		Fruit and vegetable sticks with wholemeal bread and vegemite	Apricot chicken with carrots, peas, zucchini and couscous Fruit	Vegetable casserole with carrots, peas, zucchini and couscous Fruit	A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower Selection of mashed or pureed fruit	Fruit and veggie sticks and garlic bread	A selection of fruit and veggie sticks with Lebanese bread
Wed		Fruit and vegetable sticks with raisin bread	Beef biriyani with corn, beans and broccoli Fruit and yoghurt	Vegetable biriyani with corn, beans and broccoli Fruit and yoghurt	A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower Selection of mashed or pureed fruit	Fruit and veggie sticks with Lebanese bread and cheese	A selection of fruit and veggie sticks with a savoury cracker biscuit
Thurs		Fruit and vegetable sticks and crumpets with jam	Cheesy tuna pasta bake with pumpkin, corn and broccoli Fruit	Cheesy tuna pasta bake with pumpkin, corn and broccoli Fruit	A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower Selection of mashed or pureed fruit	Fresh fruit and veggie sticks and bread with avocado dip	A selection of fruit and veggie sticks with Lebanese bread
Fri		Fruit and vegetable sticks with cheese and mountain bread	Curried beef with mushroom, capsicum and cabbage Fruit and yoghurt	Curried vegetables with mushroom, capsicum and cabbage Fruit and yoghurt	A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower Selection of mashed or pureed fruit	Fresh fruit and veggie sticks and vegemite Sao biscuits	A selection of fruit and veggie sticks with a savoury cracker biscuit