



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	Fish cakes with tomato, cucumber, carrot salad and bread Fruit and yoghurt	Vegetable fritters with tomato, cucumber, carrot salad and bread 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 banana bread	A selection of fruit and veggie sticks with a savoury biscuit
Tues		Fruit and vegetable sticks with cheese and corn crispbread	Moroccan beef casserole with peas, capsicum, sweet potato and couscous Fruit	Moroccan vegetable casserole with peas, capsicum, sweet potato 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 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	Creamy chicken pasta bake with pumpkin, beans and carrot Fruit and yoghurt	Creamy vegetable bake with pumpkin, beans and carrot 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 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	Vegetable korma curry with broccoli, potato, pumpkin, spinach and rice Fruit	Vegetable korma curry with broccoli, potato, pumpkin, spinach and rice Fruit	A blend of mashed vegetables, i.e. pumpkin, broccoli, sweet potato, cauliflower Selection of mashed or pureed fruit	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	Beef lasagne with mushroom, tomato, capsicum and zucchini Fruit and yoghurt	Vegetable lasagne with mushroom, tomato, capsicum and zucchini 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 tzatziki and bread	A selection of fruit and veggie sticks with a savoury biscuit