

# Spring/ Summer Menu 2023

## 4 Week Rotating Menu



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread
<b>Morning Tea</b>	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter
<b>Lunch</b>	Bass fillets with Chips & Steamed Vegetables	Chicken Curry with Rice	Beef and Broccoli Stir Fry with Noodles	Vegetarian Fried Rice	Sandwiches w assorted fillings (ham, salad, cheese, vegemite, chicken)
<b>Babies Lunch</b>	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)
<b>Afternoon tea</b>	Fruit, Cheese, and Cracker Platter	Cheese & Vegemite Scrolls	Vanilla Yoghurt and Peaches	Chicken sausage rolls with hidden vegetables	Zucchini Chocolate Cake

Milk will be offered during Morning Tea

Water is freely available throughout the day.

Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

# Spring/ Summer Menu 2023

## 4 Week Rotating Menu



2WEEK	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread
<b>Morning Tea</b>	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter
<b>Lunch</b>	Roast Beef, Creamy Mashed Potato and Steamed Vegetables	Chicken Fried Rice	Vegetarian Pasta	Chicken, & Sweet Corn Soup w Buttered Wholemeal Bread	Pork Mince San Choy Bao
<b>Babies Lunch</b>	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)
<b>Afternoon tea</b>	Berry Smoothies	Vegemite and Cheese Scrolls	Snack Board with Assorted vegetables, Meat and Cheese Cubes	Fruit Kebabs (Older Children will make these in their room)	Mini Pizzas w Assorted toppings

Milk will be offered during Morning Tea

Water is freely available throughout the day.

Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

# Spring/ Summer Menu 2023

## 4 Week Rotating Menu



WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread
<b>Morning Tea</b>	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter
<b>Lunch</b>	Bass fillets with chips and steamed vegetables	Sandwiches w assorted fillings (ham, salad, cheese, vegemite, chicken)	Vegetarian Fried Rice	Beef and Broccoli Stir Fry	Chicken Patties w Mashed Potato & Garden Salad
<b>Babies Lunch</b>	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)
<b>Afternoon tea</b>	Spinach and Cheese Wraps	Banana, Strawberry & Mango Smoothie	Snack board with Assorted Vegetables, Meat and Cheese Cubes	Mini Pizzas with Assorted Toppings	Fruit, Cheese and Cracker Platter

Milk will be offered during Morning Tea

Water is freely available throughout the day.

Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

# Spring/ Summer Menu 2023

## 4 Week Rotating Menu



WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread	Assorted cereals w milk & wholemeal toast with spread
<b>Morning Tea</b>	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter
<b>Lunch</b>	Beef Koftas w Steamed Vegetables	Chicken and Vegetable Singapore Noodles	Beef Tacos w Salsa, Sour Cream & Vegetable Filling	Vegetarian Pasta	Pork Roast w Mashed Potato and Garden Salad
<b>Babies Lunch</b>	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)	Fresh Seasonal Vegetables w Main Meal (Pureed)
<b>Afternoon tea</b>	Pizza Scrolls	Fruit, Cheese, and Cracker Platter	Chocolate & Zucchini Cake	Snack Board with Assorted Vegetables, Meat and Cheese Cubes	Banana Berry Smoothies

Milk will be offered during Morning Tea

Water is freely available throughout the day.

Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

All Rights reserved- Quality Kids Childcare and Kindergarten

# Spring/ Summer Menu 2023

## 4 Week Rotating Menu



Milk will be offered during Morning Tea

Water is freely available throughout the day.

Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

All Rights reserved- Quality Kids Childcare and Kindergarten

# Spring/ Summer Menu 2023

## 4 Week Rotating Menu



Milk will be offered during Morning Tea

Water is freely available throughout the day.

Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

All Rights reserved- Quality Kids Childcare and Kindergarten