

Autumn/Winter Menu

4 Week Rotating Menu



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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
Morning Tea	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter
Lunch	Coconut Chicken Curry w Rice	Roast Beef w Mashed Potato and Steamed Vegetables	Potato, Bacon, and Leek Soup	Vegetarian Lentil Bolognaise	Creamy Tuna Pasta
Babies Lunch	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)
Afternoon tea	Yoghurt w Peaches	Spinach and Cheese Wraps	Chicken Sausage Rolls	Mini Pizzas w 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.

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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
Morning Tea	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter
Lunch	Minestrone Soup w Garlic Bread	Sandwiches w assorted fillings (ham, salad, cheese, vegemite, chicken)	Chicken and Vegetable Singapore Noodles	Vegetarian Fried Rice	Beef Rissolos with Steamed Vegetables
Babies Lunch	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)
Afternoon tea	Snack board w Assorted Vegetables, Meat & Cheese Cubes	Apple Crumble w Custard	Yogurt & Fruit Cups	Pizza Scrolls	Vegetables w Hummus

Milk will be offered during Morning Tea

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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
Morning Tea	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter
Lunch	Spaghetti Bolognaise	Pumpkin Soup w Buttered Wholemeal Bread	Coconut Chicken Curry w Rice	Bass fillets w Mashed Potato and Steamed Vegetables	Mac and Cheese w Homemade Chicken Nuggets
Babies Lunch	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)
Afternoon tea	Spinach and Cheese Wraps	Beef Sausage Roll	Vegemite Scrolls	Fruit, Cheese, and Cracker Platter	Mini Assorted Sandwiches

Milk will be offered during Morning Tea

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4 Week Rotating Menu



WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	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
Morning Tea	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter	Seasonal Fresh Fruit Platter
Lunch	Vegetarian Pasta Bake	Roast beef w Mashed Potato & Steamed Vegetables	Chicken & Vegetable Stir Fry with Noodles	Chicken, Potato & Sweet Corn Soup w mini rolls	Sandwiches w assorted fillings (ham, salad, cheese, vegemite, chicken)
Babies Lunch	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)
Afternoon tea	Snack board w Assorted Vegetables, Meat & Cheese Cubes	Vegetables & Hummus	Vegemite & Cheese Scrolls	Chocolate Zucchini Cake	Spanakopita

Milk will be offered during Morning Tea

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