



WEEKLY MENU

Week 1	Morning Tea	Lunch	Afternoon Tea	Late Snack
Monday	Unsweetened natural Greek Yoghurt with peaches and apples Filtered water	Traditional Spaghetti Bolognese with hidden vegetables Filtered water/Milk	Dried fruit, fresh fruit with rice crackers Filtered water	Selection of plain biscuits
Tuesday	Freshly homemade Scones with raspberry jam Filtered water	Old fashioned Curried Sausages with mashed potatoes and vegetables Filtered water/Milk	Cheese and fresh fruit with savoury biscuits Filtered water	Selection of plain biscuits
Wednesday	Freshly made, warm Banana Bread with butter Filtered water	Pizza Scrolls with hidden vegetables *Classroom participation* Filtered water/Milk	Fresh fruit, rice crackers with jam or Vegemite Filtered water	Selection of plain biscuits
Thursday	Apple and Raspberry slice Filtered water	Mild Indian Butter Chicken with rice Filtered water/Milk	Fruit and vegetable sticks with Homemade Corn Relish dip. Filtered water	Selection of plain biscuits
Friday	Ham and Cheese Savoury muffins Filtered water	Freshly made Homestyle Vegetable Soup with hot buttered toast Filtered water/Milk	Fresh Fruit with rice crackers Filtered water	Selection of plain biscuits

Menu Notes:

- Food will be available in between meals for children who require
- Water is always available to all children throughout the day. Milk or water will be offered with all meals.
- All meals and menus consider different cultures and our menus have been planned accordingly
- All nursery children in our nurseries have access to pureed fruit and mashed meals as required to meet their development



WEEKLY MENU

Week 2	Morning Tea	Lunch	Afternoon Tea	Late Snack
Monday	Unsweetened natural Greek Yoghurt with mixed berries Filtered water	Pasta Carbonara with cheese and bacon Filtered water/Milk	Fresh fruit and Pikelets with jam and honey Filtered water	Selection of plain biscuits
Tuesday	'A B C D' Muffins (Apple, banana, cinnamon, & date) Filtered water	Pizza Scrolls With Garden Salad *Classroom participation* Filtered water/Milk	Fruit and Vegetable Sticks with Beetroot Dip and rice crackers	Selection of plain biscuits
Wednesday	Grilled Cheese on wholemeal and multi grain toast Filtered water	Pumpkin Soup with Garlic Bread Filtered water/Milk	Fresh Fruit with Jam Drop biscuits Filtered water	Selection of plain biscuits
Thursday	Freshly made, warm Banana Bread with Butter Filtered water	Traditional Beef Lasagne with vegetables *Classroom participation* Filtered water/Milk	Homemade Rice Bubble Bites with fresh fruit Filtered water	Selection of plain biscuits
Friday	Homemade Corn and Zucchini Savoury Muffins served warm Filtered water	Old Fashioned Chicken Stroganoff with wholemeal pasta Filtered water/Milk	Cheese Cubes and Fresh Fruit with savoury biscuits Filtered water	Selection of plain biscuits

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WEEKLY MENU

Week 3	Morning Tea	Lunch	Afternoon Tea	Late Snack
Monday	Custard with Peaches and Apples Filtered water	Old fashioned Cottage Pie with vegetables and mashed potatoes Filtered water/Milk	Cheese Cubes and Fresh Fruit with rice crackers Filtered water	Selection of plain biscuits
Tuesday	Freshly Baked, warm Blueberry Muffins Filtered water	Lean local Beef Sausages with mashed potatoes, vegetables and gravy Filtered water/Milk	Fresh Fruit with savoury biscuits	Selection of plain biscuits
Wednesday	Homemade Mixed Berry Scones served warm with butter Filtered water	Creamy Sundried Tomato Pasta Bake with hidden vegetables Filtered water/Milk	Fruit and Vegetable sticks with Avocado Dip Filtered water	Selection of plain biscuits
Thursday	Freshly made Carrot Slice served warm Filtered water	Sweet Corn Soup with Garlic Bread Filtered water/Milk	Dried and Fresh Fruit with rice cakes Filtered water	Selection of plain biscuits
Friday	Banana Bread with butter, served warm Filtered water	Pizza Scrolls with Garden Salad *Classroom participation* Filtered water/Milk	Jam Drop Biscuits with fresh fruit Filtered water	Selection of plain biscuits

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WEEKLY MENU

Week 4	Morning Tea	Lunch	Afternoon Tea	Late Snack
Monday	Unsweetened Natural Greek Yoghurt with mixed berries Filtered water	Beef Lasagne With Hidden Vegetables *Classroom participation* Filtered water/Milk	Pikelets with Fresh Fruit and jam Filtered water	Selection of plain biscuits
Tuesday	Grilled Cheese on wholemeal and multigrain toast Filtered water	Chicken and Vegetable Soup with buttered toast Filtered water/Milk	Fresh Fruit, Rice Cakes with jam or Vegemite Filtered water	Selection of plain biscuits
Wednesday	Homemade Apple and Oat Slice Filtered water	Old Fashioned Curried Sausages with hidden vegetables and mashed potatoes Filtered water	Jam Drop Biscuits with fresh fruit Filtered water	Selection of plain biscuits
Thursday	Freshly baked Vanilla Scones with raspberry jam Filtered water	Traditional Home-style Shepherd's Pie with vegetables Filtered water/Milk	Rice Bubble Bites with fresh fruit Filtered water	Selection of plain biscuits
Friday	Freshly made, warm Banana Bread with butter Filtered water	Seasonal Sunday-style Roast Meat with vegetables and gravy Filtered water/Milk	Fruit and Vegetable Sticks with Tzatziki Dip and rice crackers	Selection of plain biscuits

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