



Weekly Menu

Week 1	Morning Tea	Lunch	Afternoon Tea	Late Snack
Monday	Natural Yoghurt and Fresh Fruit Filtered water and Milk	Assorted Wholemeal Sandwiches with Ham, Cheese, Salad and assorted spreads Filtered water	Homemade Pumpkin Scones with Fresh Fruit Filtered water	Selection of plain biscuits
Tuesday	Warm, Buttered Raisin Toast with Fresh Fruit Filtered water and Milk	Spaghetti Bolognese with 'hidden vegetables' Filtered water	Homemade Sausage Rolls with Hidden Vegetables, Veggie Sticks & Dip Filtered water	Selection of plain biscuits
Wednesday	Assorted Crackers with Cheese and vegetable platter Filtered water and Milk	Beef Rissoles, Mashed Potatoes, Vegetables and Rich Gravy, sliced wholemeal low-fat cheesy bread Filtered water	Homemade Wholemeal Banana Muffins and Fresh Fruit Plates Filtered Water	Selection of plain biscuits
Thursday	Crackers with Cream Cheese and Fresh Fruit Filtered water and Milk	Baked Chicken Noodles with Mixed Vegetables Filtered Water	Homemade Wholemeal Fresh Strawberry Swirl Cake and Vegetable Sticks Filtered Water	Selection of plain biscuits
Friday	Wholemeal Crackers with Cream Cheese and Fresh Fruit Filtered water and Milk	Make Your Own Taco Bar (Lettuce, tomato, lite sour cream, salsa, cheese) Filtered Water	Zucchini, Cheese and Carrot Slice and Fresh Fruit Filtered Water	Selection of plain biscuits

Menu Notes:

- Food will be available between meals for children who require it
- Filtered water is always available to all children throughout the day. Filtered water will be offered with all meals.
- Milk will be offered at morning tea
- Our menus reflect our cultural diversity and various multicultural food options are available
- All nursery children will have access to pureed fruit and mashed lunch meals to meet their development



Weekly Menu

Week 2	Morning Tea	Lunch	Afternoon Tea	Late Snack
Monday	Natural Yoghurt and muesli with Fresh Fruit Filtered water and Milk	Assorted Wholemeal Sandwiches With Chicken, Cheese, Salad and Assorted Spreads Filtered water	Pear and Apple Wholemeal Crumble Slice, Fresh Fruit Filtered water	Selection of plain biscuits
Tuesday	Rice Crackers, various dips and vegetable platter Filtered water and Milk	Beef Sausages, Oven Baked Chips, Vegetables and Rich Gravy, sliced wholemeal garlic bread Filtered water	Chef's Own Wholemeal Apple Tea Cake, and Fresh Fruit Filtered water	Selection of plain biscuits
Wednesday	Vita Wheat Crackers with Cream Cheese and vegetable platter Filtered water and Milk	Cheesy Corn & Bacon Traditional Macaroni and Cheese Filtered water	Freshly Baked Wholemeal Cheese & Vegemite Scrolls with vegetable platter Filtered water	Selection of plain biscuits
Thursday	Wholemeal Toast with a variety of Spreads and Fresh Fruit Filtered water and Milk	Traditional Homestyle Cottage Pie with Vegetables Filtered water	House Made Wholemeal Scones with Various Jams and Fresh Fruit Filtered water	Selection of plain biscuits
Friday	Vita Wheat Crackers with Cream Cheese, Fresh Fruit Filtered water and Milk	Chicken Cacciatore with Pasta and Fresh Vegetables Filtered water	Homemade Blueberry Cake and vegetable platter Filtered water	Selection of plain biscuits

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Weekly Menu

Week 3	Morning Tea	Lunch	Afternoon Tea	Late Snack
Monday	Natural Yoghurt Bowls and Fresh Fruit Filtered water and Milk	Assorted Wholemeal Sandwiches with Ham, Cheese, Salad and Assorted Spreads Filtered water	Homemade Sausage Rolls with Hidden Vegetables, Veggie Sticks and Dip Filtered water	Selection of plain biscuits
Tuesday	Corn Thins with Vegemite and vegetable platter Filtered water and Milk	Chicken Carbonara Pasta Bake with 'hidden vegetables' Cheese and Bacon and a Wholemeal crust Filtered water	Homestyle Blueberry Slice With Fresh Fruit Filtered water	Selection of plain biscuits
Wednesday	Freshly Toasted and Buttered Raisin Toast Filtered water and Milk	American Style Beef Nachos with Lite Sour Cream, Tomato, Beans and Cheese Filtered water	Wholemeal Fresh Fruit Muffins with Fresh Fruit Filtered water	Selection of plain biscuits
Thursday	Assorted Wholemeal Crackers with Cheese and Fresh Fruit Filtered water and Milk	Old Fashioned Sausage Hotpot with Potatoes and Fresh Vegetables Filtered water	Freshly Baked Ham and Cheese Slice with hidden corn, Fresh Fruit Filtered water	Selection of plain biscuits
Friday	Vita Weat Crackers with Cream Cheese and Fresh Fruit Filtered water and Milk	Traditional Apricot Chicken served with Pasta and Fresh Vegetables Filtered water	Chef's Own Apple Tea Cake, and vegetable platter Filtered water	Selection of plain biscuits

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Weekly Menu

Week 4	Morning Tea	Lunch	Afternoon Tea	Late Snack
Monday	Natural Yoghurt Bowls with muesli and Fresh Fruit Filtered water and Milk	Assorted Wholemeal Sandwiches with Cold Meats, Salad, and Cheese Filtered water	Zucchini, Cheese and Carrot Slice and Fresh Fruit Filtered water	Selection of plain biscuits
Tuesday	Rice Crackers, various dips and vegetable platter Filtered water and Milk	Hand Rolled Meatballs with Hidden Vegetables and Spaghetti Filtered water	Freshly Baked Scones, with Jams and Fresh Fruit Filtered water	Selection of plain biscuits
Wednesday	Freshly Toasted Buttered Wholemeal Bread with Various Spreads and Fresh Fruit Filtered water and Milk	Farm Style Chicken Pot Pie with Vegetable and Potato Filtered water	Wholemeal Banana Bread, Vegetable Platter Filtered water	Selection of plain biscuits
Thursday	Vita Wheat Crackers with Cream Cheese and, Fresh Fruit Filtered water and Milk	Make Your Own Wholemeal Pizza Various Toppings, Cheese and Traditional Tomato Sauce Filtered water	Freshly Baked Cheese and Vegemite Scrolls and vegetable platter Filtered water	Selection of plain biscuits
Friday	Vita Wheat Crackers with Cream Cheese and Fresh Fruit Filtered water and Milk	Savoury Beef Mince with Fresh Vegetables and a Rich Gravy Filtered water	Chef's Strawberry Swirl Cake with hidden vegetables, Fresh Fruit Filtered water	Selection of plain biscuits

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