

Week 1 Summer Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Yoghurt served with seasonal fruit	Buttered raisin bread served with seasonal fruit	Pikelets served with seasonal fruit	Banana smoothie served with seasonal fruit	Cheese and vegemite corn thins served with seasonal fruit
Soft Alternative	Coconut yoghurt served with seasonal soft fruit chunks	Seasonal fruit puree served with soft fruit chunks	Seasonal fruit puree served with baby rice	Banana smoothie made on coconut yoghurt served with seasonal soft fruit	Seasonal fruit puree served with rice rusks
Lunch	Vegetarian Spinach & Tomato Pasta <i>Spaghetti, diced tomatoes, spinach, garlic, cheese & basil</i>	Sausage Sizzle with Couscous Salad <i>Beef or vegan sausages, bread, couscous, sultanas, tomato sauce, cucumber & corn</i>	Honey Soy Chicken & Rice <i>Chicken breast or chickpeas, rice, honey, soy sauce, peas, corn and carrot</i>	Mixed Sandwiches <i>Ham, tuna, cheese, cucumber, vegemite, jam & chicken</i>	Fish Finger Salad Wraps <i>Lettuce, carrot, cucumber, cheese, fish fingers, wraps & tomato sauce</i>
Soft Alternative	Seasonal vegetable puree served with baby rice	Seasonal vegetable puree served with rice rusks	Seasonal vegetable puree served with soft vegetable sticks	Seasonal vegetable puree served with baby rice	Seasonal vegetable puree served with soft vegetable sticks
Afternoon Tea	Vegemite and jam sars served with seasonal fruit	In house baked banana bread served with seasonal fruit	Cinamon toast served with seasonal fruit	Savoury platter (Seasonal fruit, sultanas, cucumber sticks, crackers, cheese and corn relish dip)	Hedgehog slice served with seasonal soft fruit
Soft Alternative	Seasonal fruit puree served with soft fruit chunks	Seasonal fruit puree served with banana chunks	Seasonal fruit puree served with rice rusks	Seasonal fruit puree served with cucumber sticks	Seasonal fruit puree served with baby rice

Seasonal fruit includes: watermelon, pineapple, orange, pear, apple, banana & rockmelon

Dishes are altered to suit child allergies/intolerances

Week 2 Summer Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Spaghetti on toast served with seasonal fruit	Banana smoothie served with seasonal fruit	Yoghurt served with seasonal fruit	Pikelets served with seasonal fruit	Buttered raisin bread served with seasonal fruit
Soft Alternative	Seasonal fruit puree served with baby rice	Banana smoothie made on coconut yoghurt served with seasonal soft fruit	Coconut yoghurt served with seasonal soft fruit chunks	Seasonal fruit puree served with soft fruit chunks	Seasonal fruit puree served with rice rusks
Lunch	Tuna Mornay <i>White sauce, tuna, corn, peas, onion, cheese & macaroni</i> Lentil Mornay <i>Coconut cream, coconut milk, lentils, corn, peas, onion & macaroni</i>	Asian Style Chow Mein <i>Minced beef/chickpeas, corn, carrot, spinach, onion, noodles & Asian style sauce</i>	Chicken Stroganoff & Rice <i>Chicken breast, mushrooms, rice, chicken stock, sour cream</i> Vegan Stroganoff with Rice <i>mushrooms, rice, chicken stock, sour cream</i>	Mixed Sandwiches <i>Ham, tuna, cheese, cucumber, vegemite, jam & chicken</i>	Creamy Pumpkin Risotto <i>Pumpkin, spinach, vegetable stock, garlic, parmesan cheese, rice, butter</i>
Soft Alternative	Seasonal vegetable puree served with baby rice	Seasonal vegetable puree served with rice rusks	Seasonal vegetable puree served with soft vegetable sticks	Seasonal vegetable puree served with baby rice	Seasonal vegetable puree served with soft vegetable sticks
Afternoon Tea	Ham & Cheese sals served with seasonal fruit	Rainbow vanilla cake served with seasonal fruit	Blueberry loaf served with seasonal fruit	Savoury platter (Seasonal fruit, sultanas, cucumber sticks, crackers, cheese & french onion dip)	Apple and pear crumble served with seasonal soft fruit & custard
Soft Alternative	Seasonal fruit puree served with rice rusks	Seasonal fruit puree served with banana chunks	Seasonal fruit puree served with soft fruit chunks	Seasonal fruit puree served with cucumber sticks	Seasonal fruit puree served with baby rice or custard

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Week 3 Summer Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Banana smoothie served with seasonal fruit	Yoghurt served with seasonal fruit	Pikelets served with seasonal fruit	Buttered Crumpets served with seasonal fruit	Jam & Vegemite English muffins served with seasonal fruit
Soft Alternative	Seasonal fruit puree served with baby rice	Banana smoothie made on coconut yoghurt served with seasonal soft fruit	Coconut yoghurt served with seasonal soft fruit chunks	Seasonal fruit puree served with soft fruit chunks	Seasonal fruit puree served with rice rusks
Lunch	Spaghetti Bolognese OR Italian pasta <i>Spaghetti, diced tomatoes, passata, garlic, carrot, zucchini, minced beef/lentils</i>	Chicken OR Bean Burrito <i>Chicken mince/beans, taco seasoning, wraps, tomatoes, corn, cheese</i>	Mixed Sandwiches <i>Ham, tuna, cheese, cucumber, vegemite, jam & chicken</i>	Asian Style Chow Mein <i>Minced beef/chickpeas, corn, carrot, spinach, onion, noodles & Asian style sauce</i>	Tuna Pasta Salad <i>Tuna, mayonnaise, corn, peas, onion, herbs, pasta</i>
Soft Alternative	Seasonal vegetable puree served with baby rice	Seasonal vegetable puree served with rice rusks	Seasonal vegetable puree served with soft vegetable sticks	Seasonal vegetable puree served with baby rice	Seasonal vegetable puree served with soft vegetable sticks
Afternoon Tea	Savoury platter (Seasonal fruit, sultanas, cucumber sticks, crackers, cheese & corn relish dip)	Vanilla Coconut Muffins served with seasonal fruit	Carrot Cake served with seasonal fruit	Jam & Vegemite Rice Cakes served with seasonal fruit	Mini Pizza's served with seasonal fruit
Soft Alternative	Seasonal fruit puree served with cucumber sticks	Seasonal fruit puree served with baby rice	Seasonal fruit puree served with soft fruit chunks	Seasonal fruit puree served with rice rusks	Seasonal fruit puree served with banana chunks

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Week 4 Summer Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Pikelet with cream on top (Dairy and non-dairy) served with seasonal fruit	English muffin with strawberry jam serves with seasonal fruit.	Pancake with maple syrup and cream. (dairy and non-dairy)	Raisin toast with strawberry jam served with seasonal fruit	Mini pizza(meat and vegetarian) served with seasonal fruit
Soft Alternative	Seasonal fruit puree served with baby rice	Banana smoothie made on coconut yoghurt served with seasonal soft fruit	Coconut yoghurt served with seasonal soft fruit chunks.	Seasonal fruit puree served with soft fruit chunks	Seasonal fruit puree served with rice rusks
Lunch	Mongolian style fry <i>Chicken/beef meat Mix Vegetarian Carrots, Corn Peas, Onion</i>	Italian style macaroni <i>Bolognese with Hotdogs beef/chickpeas, corn, carrot, spinach, onion</i>	Mixed Sandwiches <i>Ham, tuna, cheese, cucumber, vegemite, jam & chicken</i>	Asian fusion special fried rice Meat Chicken, Beef, Ham and Vegetarian: Onion, Red or Green Pepper, Bean	Bangers and mash with special gravy serve with mixed vegetables. <i>Pumpkin, spinach, vegetable stock, garlic, parmesan cheese, butter</i>
Soft Alternative	Seasonal vegetable puree served with baby rice	Seasonal vegetable puree served with rice rusks	Seasonal vegetable puree served with soft vegetable sticks	Seasonal vegetable puree served with baby rice	Seasonal vegetable puree served with soft vegetable sticks
Afternoon Tea	Rice crackers served with blueberry dip and seasonal fruit	Raisin toast with cinnamon spread served with seasonal fruit.	Blueberry fritters served with seasonal fruit	Mixed biscuits serve with homemade dip serve with seasonal fruits.	Garlic bread and fries serve with seasonal fruits.
Soft Alternative	Seasonal fruit puree served with rice rusks.	Seasonal fruit puree served with banana chunks	Seasonal fruit puree served with soft fruit chunks	Seasonal fruit puree served with cucumber sticks	Seasonal fruit puree served with baby rice or custard

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Week 5 Summer Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Crumpets with butter (non-dairy) and strawberry jam	Pikelet with cream (non-dairy) and blueberries. served with seasonal fruit	Mini pizza (meat and vegetarian) served with seasonal fruit	Raisin toast with butter and strawberry jam serve with seasonal fruits.	Pikelet with blueberry and maple syrup serve with seasonal fruits
Soft Alternative	Seasonal fruit puree served with baby rice	Banana smoothie made on coconut yoghurt served with seasonal soft fruit	Coconut yoghurt served with seasonal soft fruit chunks.	Seasonal fruit puree served with soft fruit chunks	Seasonal fruit puree served with rice rusks
Lunch	Mexican taco <i>Meat: Beef Mince corn, peas, onion, cheese & macaroni</i>	Chicken, mushroom, and eggplant pasta <i>Minced Chicken Mushroom, Eggplants, Onion, Pasta sauce</i>	Mixed Sandwiches <i>Ham, tuna, cheese, cucumber, vegemite, jam & chicken</i>	<i>Chicken congee Chicken Breast or thigh, Mushrooms, Green Onion, and Vegetables</i>	Teriyaki beef <i>Beef, Onion, Red or Green Peppers, garlic, rice, butter, Teriyaki sauce</i>
Soft Alternative	Seasonal vegetable puree served with baby rice	Seasonal vegetable puree served with rice rusks	Seasonal vegetable puree served with soft vegetable sticks	Seasonal vegetable puree served with baby rice	Seasonal vegetable puree served with soft vegetable sticks
Afternoon Tea	Sweet potato pancake with maple syrup Served with seasonal fruit	English muffin with strawberry jam serves with seasonal fruits	Coconut rice porridge with corn serve with seasonal fruits.	Mixed crackers with homemade dip serve with seasonal fruits.	Potato cake Mini's with honey serve with seasonal fruits.
Soft Alternative	Seasonal fruit puree served with rice rusks.	Seasonal fruit puree served with banana chunks	Seasonal fruit puree served with soft fruit chunks	Seasonal fruit puree served with cucumber sticks	Seasonal fruit puree served with baby rice or custard

Seasonal fruit includes watermelon, pineapple, orange, pear, apple, banana & rockmelon.

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