

# Weekly Menu – Week 1

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Wholemeal Toast Weetbix Rice Bubbles Milk/Water Babies – Rice Cereal, Fresh Fruit Puree	Wholemeal Toast Weetbix Rice Bubbles Milk/Water Babies – Rice Cereal, Fresh Fruit Puree	Wholemeal Toast Weetbix Rice Bubbles Milk/Water Babies – Rice Cereal, Fresh Fruit Puree	Wholemeal Toast Weetbix Rice Bubbles Milk/Water Babies – Rice Cereal, Fresh Fruit Puree	Wholemeal Toast Weetbix Rice Bubbles Milk/Water Babies – Rice Cereal, Fresh Fruit Puree
<b>MORNING TEA</b>	Seasonal Fresh Fruit, Veggie Sticks  Milk/Water Babies –Fresh Fruit Puree	Seasonal Fresh Fruit, cheese Milk/Water Babies –Fresh Fruit Puree	Seasonal Fresh Fruit, Veggie Sticks with wholegrain crackers Milk/Water Babies –Fresh Fruit Puree	Seasonal Fresh Fruit, Veggie Sticks with cheese & Wholemeal Pita Bread Milk/Water Babies –Fresh Fruit Puree	Seasonal Fresh Fruit, Veggie Sticks with Cheese Milk/Water Babies –Fresh Fruit Puree
<b>LUNCH</b>	Chicken Rissoles with Veg couscous  Babies – Fresh Vegetable Puree	Spaghetti Bolognese with vegetables  Babies – Fresh Vegetable Puree	Pumpkin Pasta Bake with bacon  Babies – Fresh Vegetable Puree	Felafel Balls with Salad and Turkish Bread  Babies – Fresh vegetable Puree	Beef Korma and Brown Rice  Babies – Fresh Vegetable Puree
<b>AFTERNOON TEA</b>	wholemeal rice cakes with apple and cheese slices and vegemite  Babies –Fresh Fruit Puree	Carrot, celery and cucumber sticks with bread Babies –Fresh Fruit Puree	Butter Bean dip, vegetable sticks, cheese slices and wholemeal pita bread  Babies –Fresh Fruit Puree	Anzac Soldiers and fruit platter  Babies –Fresh Fruit Puree	Seasonal Fruit Platter with Cheese and Banana Bread  Babies –Fresh Fruit Puree
<b>LATE AFTERNOON TEA</b>	Afternoon Tea or Rice Crackers, Cheese and Fresh Seasonal Fruit	Afternoon Tea or Corn Thins with Cheese and Fresh Seasonal Fruit	Afternoon Tea or Rice Crackers, Cheese and Fresh Seasonal Fruit	Afternoon Tea or Rice Crackers, Cheese and Fresh Seasonal Fruit	Afternoon Tea or Rice Crackers, Cheese and Fresh Seasonal Fruit

This menu has been assessed by Nutrition Australia

# Weekly Menu – Week 2

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>BREAKFAST</b>	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree
<b>MORNING TEA</b>	Seasonal Fresh Fruit Milk/ Water  Babies- Fresh fruit puree	Toast with Jam and Vegemite Babies- Fresh fruit puree	English muffins With Jam and Vegemite served with apple Babies- Fresh fruit puree	Seasonal Fresh Fruit Milk/ Water  Babies- Fresh fruit puree	Vegetable platter with cheese  Babies- Fresh fruit puree
<b>LUNCH</b>	Assorted Sandwiches (Ham, Chicken, salad, Jam, Vegemite, cheese, wholemeal bread)	Honey Soy Vegetable Stir Fry	Oven baked Tuna with vegetables and penne pasta	Chicken Curry served with vegetables and Brown Rice	Beef-n-Broccoli With pasta
<b>AFTERNOON TEA</b>	Vegetable platter Served with spinach and feta dip and rice crackers	Ham and Zucchini Pikelets And fruit	Berry scrolls	Fruit Salad and Yoghurt	Rice Cakes with vegemite, Jam and Cheese And fruit
<b>LATE AFTERNOON TEA</b>	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit

# Weekly Menu – Week 3

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
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# Weekly Menu – Week 4

<b>BREAKFAST</b>	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>MORNING TEA</b>	Seasonal Fresh Fruit Milk/ Water	Toast with Jam and Vegemite	Seasonal Fresh Fruit Milk/water	English muffins with Jam and Vegemite served with apple	Vegetable platter with cheese
	Babies- Fresh fruit puree	Babies- Fresh fruit puree	Babies- Fresh fruit puree	Babies- Fresh fruit puree	Babies- Fresh fruit puree
<b>LUNCH</b>	Creamy Ricotta And Vegetable Pasta Bake	Macaroni Beef Served With Vegetables	Assorted Sandwiches (Ham, chicken, salad, jam, vegemite, cheese, wholemeal bread)	Chicken Tacos with fresh salad, cheese and Tortillas	Honey chicken with fresh vegetables and noodles
<b>AFTERNOON TEA</b>	Pizza scrolls	Oat cake and watermelon	Fruit Scones served with Jam	Vegetable Platter Served With Rice Crackers.	Fresh Fruit platters
<b>LATE AFTERNOON TEA</b>	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea Fresh fruit platter with rice crackers

<b>BREAKFAST</b>	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree	Wholemeal Toast, Weetbix, Rice Bubbles, Milk/ water Babies- rice cereal, fresh fruit puree
<b>MORNING TEA</b>	Seasonal Fresh Fruit Milk/ Water  Babies- Fresh fruit puree	Toast with Jam and Vegemite Babies- Fresh fruit puree	English muffins With Jam and Vegemite served with apple Babies- Fresh fruit puree	Seasonal Fresh Fruit Milk/ Water  Babies- Fresh fruit puree	Vegetable platter with cheese  Babies- Fresh fruit puree
<b>LUNCH</b>	Mexican beef and beans served with wholemeal pasta	Butter Chicken served with vegetables and brown rice	Pumpkin and Spinach Sage, Served With Creamy Rice and Fetta Cheese	Assorted Sandwiches (Ham, Chicken, salad, Jam, Vegemite, cheese, wholemeal bread)	Apricot chicken served with vegetables and brown rice
<b>AFTERNOON TEA</b>	Ham and Zucchini muffins	Rice cakes with cheese, vegemite and jam	Strawberry yoghurt scones	Vegetable platter with dip, cheese and rice crackers	Yoghurt served with watermelon and muesli
<b>LATE AFTERNOON TEA</b>	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit	Afternoon Tea or rice crackers, cheese and fresh seasonal Fruit