


















Winter Menu

Week 1




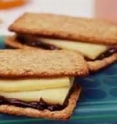


All meals are served with bread and water. A bowl of mashed vegetables is added to babies room and toddlers room every day.

	Morning Tea	Lunch	Afternoon Tea	Late Snack	TEMP
MONDAY	<p>Raisin Toast</p> <p>Fresh Fruit & Vege platter</p> 	<p>Zucchini Slice with broccoli pieces</p> <p>Yoghurt</p> 	<p>Fruit Pikelets</p> <p>Fresh Fruit platter</p> <p>Milk</p> 	<p>Dry biscuits & cheese cubes</p>	
TUESDAY	<p>Fresh Fruit & cheese cubes</p> <p>Milk</p> 	<p>Silverside with mashed sweet potato, pumpkin & carrots</p> <p>Fruit crumble</p> 	<p>Mountain bread with hummus.</p> <p>Fresh fruit & vegetable platter</p> 	<p>Fruit Platter</p> 	
WEDNESDAY	<p>Corn Rice thins with toppings</p> <p>Fresh Fruit & Vegetable platter</p> 	<p>Shepherd's Pie with mashed potato pumpkin, beans.</p> <p>Peaches and Yogurt</p> 	<p>Toast with vegemite</p> <p>Fresh Fruit</p> <p>Milk</p> 	<p>Orange and dry biscuits</p> 	
THURSDAY	<p>Cruskits with toppings</p> <p>Cheese cubes</p> <p>Fresh Fruit</p> <p>Milk</p> 	<p>Chicken curry with brown rice, papadams & plain yoghurt.</p> <p>Fruit</p> 	<p>Fruit Muffins</p> <p>Fresh fruit & vegetable platter</p> 	<p>Cruskits with cheese & vegemite</p> 	
FRIDAY	<p>Fresh Fruit & Vegetable platter</p> 	<p>Fried Rice</p> <p>Custard</p> 	<p>Savoury Scones</p> <p>Fresh fruit & vegetable platter</p> <p>Milk</p>	<p>Carrot sticks and dip</p>	

Winter Menu

Week 2

All meals are served with bread and water. A bowl of mashed vegetables is added to babies room and toddlers room every day.








	Morning Tea	Lunch	Afternoon Tea	Late Snack
M O N D A Y	<p>Dry biscuits with vegemite & cheese</p> <p>Fresh fruit</p> 	<p>Roast chicken, roast potato & pumpkin, peas, corn on the cob.</p> <p>Two fruit</p>	<p>Crumpets with toppings</p> <p>Fresh Fruit & Vegetable platter</p> <p>Milk</p>	<p>Toast with toppings</p>
T U E S D A Y	<p>Toast with cheese</p> <p>Fresh & dried fruit & vegetable platter</p> <p>Milk</p> 	<p>Tuna Bake</p> <p>Yoghurt</p> 	<p>Corn rice thins with toppings</p> <p>Fresh Fruit platter</p>	<p>Mountain bread and dips, vegie sticks</p>
W E D N E S D A Y	<p>Mountain bread & hummus</p> <p>Fresh Fruit & cheese cubes</p> 	<p>Spaghetti carbonara</p> <p>Beans & carrots</p> <p>Apple crumble</p> 	<p>Oat slice</p> <p>Fresh & dried fruit & vegetable platter</p> <p>Milk</p> 	<p>Cruskits with cheese and vegemite</p> 
T H U R S D A Y	<p>Fresh fruit & vegetables</p> <p>Milk</p>	<p>Chow mein with rice & carrots</p> <p>Custard</p> 	<p>Fruit Scones</p> <p>Fresh fruit & cheese slices</p> 	<p>Dried biscuits with cheese, tomatoes and vegemite</p> 
F R I D A Y	<p>Toasted English muffins</p> <p>Fresh fruit</p> 	<p>Hungarian Goulash with rice & broccoli pieces,</p> <p>Yoghurt</p> 	<p>Mountain bread with hummus</p> <p>Fresh Fruit & Vegetable platter</p> <p>Milk</p> 	<p>Apples</p> 

TEMP

Winter Menu

Week 3

All meals are served with bread and water. A bowl of mashed vegetables is added to babies room and toddlers room every day.














	Morning Tea	Lunch	Afternoon Tea	Late Snack
M O N D A Y	Dry biscuits with toppings Fresh fruit & vegetable platter 	Toasted sandwiches, chicken & cheese and chicken & avocado. Custard	Fruit muffins Fresh fruit Banana smoothie 	Dry biscuits and toppings
T U E S D A Y	Mountain bread & hummus Fruit & Vegetable platter Milk	Beef Lasagne. Peaches 	Fruit Scones Fresh & dried fruit Cheese slices 	Cruskits and cheese
W E D N E S D A Y	Fresh fruit & cheese toast	San Choy Bow Yoghurt 	Rice thins with toppings Fresh fruit & vegetable platter Milk 	Apple 
T H U R S D A Y	English Muffins with toppings Fruit & Vegetable platter Milk 	Roast Lamb, roast potato & pumpkin, peas, corn, carrot & gravy Stewed apple 	Mountain bread & hummus Fresh fruit Milk 	Cheese platter 
F R I D A Y	Fresh fruit & cheese	Fish pie with mashed potato and broccoli. Apple cake 	Bread with toppings Fresh fruit & vegetable platter Milk	Fruit platter 

TEMP

Winter Menu

Week 4

All meals are served with bread and water. A bowl of mashed vegetables is added to babies room and toddlers room every day.

	Morning Tea	Lunch	Afternoon Tea	Late Snack
M O N D A Y	<p>Mountain bread & hummus</p> <p>Fresh fruit and vegetable platter</p> 	<p>Penne with bacon, tomato, spinach & corn on the cob</p> <p>Peaches</p> 	<p>Fresh Fruit platter</p> <p>Cheese</p> <p>Milk</p> 	<p>Corn thins with vegemite and cheese</p>
T U E S D A Y	<p>Toasted English muffins</p> <p>Fresh & Dried fruit</p> <p>Milk</p>	<p>Beef stroganoff with rice</p> <p>Beans, carrots & peas</p> <p>Custard</p> 	<p>Fruit pikelets</p> <p>Fruit & vegetables platter</p> 	<p>Apple & orange platter</p> 
W E D N E S D A Y	<p>Raisin Toast</p> <p>Fresh fruit & vegetable platter</p> 	<p>Vegetable soup.</p> <p>Toasted chicken, cheese & tomato Sandwiches.</p> 	<p>Dry biscuits with cheese & vegemite</p> <p>Fresh & dried fruits</p> <p>Milk</p> 	<p>Carrot sticks and dip</p> <p>Apple pieces</p> 
T H U R S D A Y	<p>Cheese toast</p> <p>Fresh fruit</p> <p>Milk</p> 	<p>Tuna Pasta</p> <p>Yoghurt</p>	<p>Crumpets with topping</p> <p>Fresh fruit & vegetables platter</p>	<p>Cruskits and cheese</p>
F R I D A Y	<p>Lebanese bread & hummus</p> <p>Fresh fruit and vegetable platter</p>	<p>Lamb & potato curry.</p> <p>Fruit crumble</p> 	<p>Fruit Scones</p> <p>Fresh Fruit</p> <p>Banana smoothie</p> 	<p>Bread with toppings</p> <p>Sultanas, cheese</p>

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