

# [Sample] Summer Menu

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choose from: Wholegrain cereals (wheat biscuits, dried fruit and flake mix), porridge and wholemeal toast with healthy toppings, served with milk and water				
Morning Tea					
Food	Fresh fruit platter (apple, nectarines, grapes, banana) with <u>pineapple and yoghurt dip</u>	Rainbow platter (banana, rockmelon, plum, beans, cucumber, red capsicum) Cheese cubes	<u>Fruit smoothie small</u> (100mL) Fruit toast with ricotta cheese	Fresh fruit platter (apple, nectarines, grapes, banana) with <u>pineapple and yoghurt dip</u>	Yoghurt, summer sunshine salad (peach, nectarine, passionfruit, mint) and (untoasted) muesli
Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Lunch					
Food	<u>Chicken curry</u> (Main ingredients: chicken, brown rice, carrots, pumpkin, green beans, canned tomatoes, curry spices and yoghurt)	<u>Beef lasagne</u> with fresh salad (Main ingredients: beef mince, brown lentils, carrot, celery, zucchini, canned tomatoes, ricotta, lasagne sheets, cheese)	<u>Beef and vegetable rissoles</u> with pita bread and salad (Main ingredients: lean beef mince, potato, carrot, zucchini, capsicum, egg, pita bread, salad vegetables)	<u>Creamy tuna pasta bake</u> (Main ingredients: canned tuna, pasta, broccoli, corn, carrot, evaporated milk)	<u>Vegetarian fried rice</u> (Main ingredients: egg brown rice, carrot, capsicum, spring onion, peas, corn, reduced salt soy sauce,)
Drink	Water	Water	Water	Water	Water
Afternoon Tea					
Food	<u>Toasted wholemeal English muffins</u> with sliced tomato and cheese Rockmelon wedges	<u>Fruity crumble</u> (wholemeal flour, oats, cooked seasonal fruits) served with Greek yoghurt	<u>Rice cakes</u> and toppings (cottage cheese, sliced tomato, cucumber) Watermelon and friends platter (watermelon triangles, grapes, strawberries)	<u>Make your own pizza faces</u> (wholemeal pita bread, salt reduced tomato paste, shredded chicken breast, mushroom, tomato, capsicum, cheese)	Vegetable sticks (beans, celery, carrot) with <u>creamy corn and tuna dip</u> and wholemeal crackers Watermelon and friends platter (watermelon triangles, grape, strawberries)
Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Late Snack	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, served with water				
Water	Water is freely available throughout the day				
Infants (eating solids)	A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains and milk products. Foods are an appropriate texture for infants’ age (e.g. mashed, lumpy, chopped, finger foods).				
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				

# [Sample] Summer Menu

Week 2	Monday	Tusday	Wednesday	Thursday	Friday
Breakfast	Choose from: Wholegrain cereals (wheat biscuits, dried fruit and flake mix), porridge and wholemeal toast with healthy toppings, served with milk and water				
Morning Tea					
Food	Rainbow platter (apple, banana, cherry tomatoes, carrot, cucumber) Wholegrain crackers with <u>white bean dip</u>	Rainbow platter (nectarines, rockmelon, pineapple, beans, carrot) Wholegrain crackers with <u>chickpea and beetroot dip</u>	Banana bubbles (banana rolled in yoghurt, rice bubbles)	Melon Head” platter (watermelon, honeydew, rockmelon) with <u>pineapple and yoghurt dip</u>	Wholemeal toast with ricotta cheese, sliced banana and cinnamon
Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Lunch					
Food	<u>Mexican beef wraps</u> (Main ingredients: lean minced beef, carrot, capsicum, canned red kidney beans, canned tomato, spices, iceberg lettuce, avocado, cheese, wholemeal wraps)	Tuna and <u>lentil bolognese</u> (Main ingredients: canned tuna, dried red lentils, mixed vegetables, canned tomatoes, wholemeal pasta, cheese)	<u>Falafel balls with tzatziki dip</u> served with wholemeal wraps and salad (Main ingredients: canned chickpeas, cumin, garlic, eggs, fresh herbs, yoghurt, cucumber, salad vegetables)	<u>Beef san choy bau</u> (Main ingredients: rice noodles, lean minced beef, cabbage, carrot, green beans, peas, capsicum, ginger, soy sauce, ice berg lettuce)	<u>Chicken and vegetable stir fry with brown rice</u> (Main ingredients: chicken fillets, cabbage, carrot, capsicum, zucchini, brown rice)
Drink	Water	Water	Water	Water	Water
Afternoon Tea					
Food	<u>Banana bread served cinnamon spiced ricotta</u>	<u>Spinach and cheese muffins</u> served with <u>fruit smoothie small</u> (100mL)	<u>Veggie dippers</u> (carrot, red capsicum, lightly steamed broccoli), rice cakes served with <u>sweet potato and salmon dip</u>	Platter of wholemeal <u>sandwich</u> triangles: Cottage cheese, chicken and cucumber Cream cheese, tuna and corn	Vegetable platter (cucumber, carrot and capsicum) with <u>tzatziki dip</u> and <u>Frozen UFOs</u> (frozen pineapple disks and watermelon triangles)
Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Late Snack	Choose from: wholegrain crackers and cheese, fresh vegetables and fruit, served with water				
Water	Water is freely available throughout the day				
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