

[Sample] Winter 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 (apples, oranges, kiwi, bananas)	Yoghurt with canned peaches in natural juice	Rainbow platter (banana, mandarins, pear, beans, cucumber, red capsicum)	Fresh fruit platter (oranges, bananas, kiwi) Cheese cubes	Rainbow platter (banana, mandarins, pear, beans, celery, red capsicum)
Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Lunch					
Food	<u>Pasta bolognaise</u> (Main ingredients: lean beef mince, onion, carrot, zucchini, lentils, tomato, wholemeal pasta)	<u>Tuna and broccoli frittata</u> with green salad and wholemeal bread (Main ingredients: egg, tuna, broccoli, sweet corn, potato, bread, lettuce, tomato)	<u>Chilli con carne and rice</u> (Main ingredients: lean beef mince, onion, capsicum, chickpeas, kidney beans, tomato, brown rice)	<u>Baked chicken and vegetable risotto</u> (Main ingredients: chicken, spinach, pumpkin, rice)	<u>Pumpkin soup</u> served with a platter of multigrain sandwiches: Tuna, corn, sliced tomato Egg and mayonnaise, lettuce and red capsicum Roast beef, grated carrot and sliced cucumber
Drink	Water	Water	Water	Water	Water
Afternoon Tea					
Food	Platter of <u>wholemeal sandwich triangles</u> : Cheese and cucumber Cream cheese and grated carrot	Fresh apple slices and <u>Pumpkin scones</u>	<u>Yoghurt and fruit muesli</u>	<u>Tzatziki</u> and <u>hummus</u> dip, wholemeal pita bread, vegetable sticks (capsicums, steamed carrots)	<u>Fruity bread pudding</u>
Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Late Snack	Choose from: wholemeal crackers and cheese, veggie sticks and <u>hummus</u> dip 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] Winter Menu

Week 2	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	Rainbow platter (banana, orange, pear, beans, cucumber, red capsicum)	Fresh fruit platter (apples, mandarins, bananas, pears)	Fresh fruit platter (apples, mandarins, oranges, kiwi)	Toasted wholegrain English muffins with sliced tomatoes and cheese	Rainbow platter (banana, mandarins, pear, broccoli, carrots, red capsicum) served with yoghurt dip
Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Lunch					
Food	<u>Pork San Choy Bau</u> (Pork mince wrapped in lettuce) (Main ingredients: pork mince, rice noodles, cabbage, carrot, peas, green beans, lettuce)	<u>Beef stroganoff</u> with wholemeal pasta (Main ingredients: lean beef, mushroom, carrot, celery, potato, natural yoghurt, wholemeal pasta)	<u>Vegetable hotpot</u> with wholemeal couscous (Main ingredients: chickpeas, cauliflower, carrot, zucchini, natural yoghurt, couscous)	<u>Beef and broccoli stir fry</u> with brown rice (Main ingredients: beef, cabbage, carrot, capsicum, broccoli, brown rice)	<u>Tuna and corn patties</u> with wholemeal bread and garden salad (Main ingredients: tinned tuna, potato, corn, lettuce, tomato, cucumber)
Drink	Water	Water	Water	Water	Water
Afternoon Tea					
Food	<u>Pikelets with ricotta spread and a fresh kiwi and passionfruit topping</u>	<u>Rice cakes and toppings (cream cheese, sliced tomatoes, celery)</u>	<u>Carrot muffins and a savoury platter (rice cakes, celery sticks, cherry tomatoes, hummus dip)</u>	Stewed fruit (apples, pears, rhubarb, lemon juice, cinnamon) Greek yoghurt	<u>Fruit smoothie (100mL) Wholegrain crackers with chickpea and beetroot dip</u>
Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Late Snack	Choose from: wholemeal cracker and cheese, veggie sticks and <u>hummus dip</u> 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).				
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