

MENU: Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Toast and cereal always available	Toast and cereal always available	Toast and cereal always available	Toast and cereal always available	Toast and cereal always available
MORNING TEA Sky & Ocean room	Apple and cinnamon scrolls with yogurt	Banana cookies with apple slices	Sandwiches with spreads with apple and pear	Banana muffins with yogurt and apple slices	Cheesy Pumpkin Scones with apple slices
MORNING TEA Earth Room 0-1	Yogurt / fruit	Pear apple cinnamon puree / mash	Yogurt and Sultanas	Raisin bread	Fruit / Yogurt
LUNCH Sky & Ocean room	Savoury vegetable pastry rolls with mash potato	Twirly Tuna Pasta with corn on the side	Sandwiches with cheese, tomato	Vegetable Stir fry With rice	Penne Bolognese With garlic bread
LUNCH Earth Room 0-1	Pumpkin /Broccoli & Puree /mash	Steamed chicken Carrot & Sweetcorn Puree / mash	Potatoes, Carrots & Pea Puree /mash	Zucchini, carrot, potato minestrone with rissoni pasta	Pumpkin & Broccoli Puree /mash
AFTERNOON TEA Sky & Ocean room	Corn and cheese muffins With apple slices	Sandwiches with spreads With pear and grapes	Herbed bread with Apple and strawberries	Carrot/cucumber Sticks, Round crackers with dip	Pizza scrolls with Apple slices
AFTERNOON TEA Earth Room 0-1	Apple banna Puree / mash	Yogurt and soft fruit	Apple & Pear Puree / mash	Yogurt and Sultanas	Pear /banana Puree /mash
LATE AFTERNOON TEA Sky & Ocean room	Arrowroot Biscuits with sultanas	Homemade Fruit bars & sultanas	Rice Cakes with Jam /vegemite	Saos and spreads	Vegemite / jam Sandwiches
LATE AFTERNOON TEA Earth Room 0-1	Arrowroot Biscuits with sultanas	Homemade Fruit bars & sultanas	Rice Cakes with Jam /vegemite	Soft crackers and cheese	Vegemite / Jam Sandwiches

Water is served at Morning tea and afternoon tea

Water is offered at every meal and throughout the day

Children will be encouraged to try a variety of foods however if they dislike the food they will be offered a sandwich or rice crackers.

The children who are under one will be offered some of the older children's menu

MENU: Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>
MORNING TEA	Banana bread With pear and apple	Anzac Biscuits With yogurt and banana	Pike lets with apple and grapes	Cheese and spinach scrolls With apple slices	Banana Muffins With yogurt & melon
Earth Room 0-1	Yogurt and fruit	Pear apple cinnamon puree / mash	Yogurt and fruit	Yogurt and fruit	Yogurt and fruit
LUNCH	Vegetable risotto	Turkey meatballs with rice and peas and corn	Beef sausage rolls with hidden vegies with mash potatoes /cauliflower	Pasta with a vegetable sauce Garlic pizza	Lamb kafta with rice and peas
Earth Room 0-1	Pumpkin and peas	Potatoes, Carrots & Pea Puree /mash	Sweet potato and corn mash	Pumpkin and peas	Steamed chicken Carrot & Sweetcorn Puree / mash
AFTERNOON TEA	Cheesymite scrolls with pear and banana	Sandwiches with spreads with apple and banana	Banana muffins With grapes and apple	Herb & Garlic bread with water melon	Carrot and cucumber sticks with crackers and humus
Earth Room 0-1	Fruit and soft crackers	Sandwiches with spreads	Banana muffins	Raisin toast and fruit	Fruit and soft crackers
LATE AFTERNOON TEA	Cheese and crackers	Arrowroot Biscuits with sultanas	Saos and spreads	Rice crackers with spreads	Cheese and crackers
Earth Room 0-1	Cheese and Soft crackers	Arrowroot Biscuits with sultanas	Soft crackers and cheese	Rice crackers with spreads	Cheese and crackers

Water is offered at every meal and throughout the day

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The children who are under one will be offered some of the older children's menu



MENU: Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>
MORNING TEA All rooms	Muslie bars Yogurt and fruit and melon	Pikelets and banana and pear	Mini Apple and cinnamon scrolls Yogurt and fruit with melon	Carrots cucumbers sticks with crackers and hummus	Scones with jam and apple slices
Earth Room 0-1	Yogurt and fruit	Fruit and crackers	Pikelets and fruit	Yogurt and fruit	Banana mash
LUNCH All rooms	Cheesy macaroni with peas and corn on the side	Chilli con Carne with rice	Pasta with a blended vegetable sauce Garlic pizza	Crumbed fish with pumpkin and potato mash	Chicken breast with peas in a fresh tomato sauce with rice
Earth Room 0-1	Pumpkin and peas	Cauliflower and zucchini mash	Shredded chicken soup with corn and risoni	Potato, carrot and pea mash	Sweet potato and corn mash
AFTERNOON TEA All rooms	Cheese and corn muffins with melon pieces	Vegie pancakes with pear and strawberries	Sandwiches and spreads With apple and pear	Banana cookies and melon	Cheese and tomato sandwiches With apple slices
Earth Room 0-1	Fruit	Yogurt	Fruit	Raisin bread	Fruit
LATE AFTERNOON TEA All rooms	Saos with spread	Raisin bread	Arrowroot Biscuits with sultanas	Rice crackers with spreads	Cheese and crackers
Earth Room 0-1	Soft crackers and saltanas	Raisin bread	Arrowroot Biscuits with sultanas	Vegemite sandwiches	Cheese and soft crackers

Water is offered at every meal and throughout the day

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The children who are under one will be offered some of the older children's menu

MENU: Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>	<i>Toast and cereal always available</i>
MORNING TEA All rooms	Pikelets with yoghurt pear and apples	Anzac Biscuits with Yogurt and banana	Banana Muffins With melon and grapes	Carrot and cucumber cuts and with hummus and round crackers	Banana bread with apple slices
Earth Room 0-1	Yogurt and fruit	Pear apple cinnamon puree / mash	Yogurt and Sultanas	Raisin bread	Yogurt and fruit
LUNCH All rooms	Vegie pies with homemade tomato sauce	Pasta with a blended vegetable sauce Garlic pizza	Chicken, Tuna and cucumber Mini Sushi + sandwich rolls	Assorted sandwiches Cheese and tomato	Lamb Kofta with rice and vegie
Earth Room 0-1	Carrot pea and potato mash	Pumpkin Arancini	Vegie soup with risoni	Cauliflower and zucchini mash	pumpkin and sweet corn mash
AFTERNOON TEA All rooms	Raisin bread With rockmelon	Cheesymite scrolls with pear and banana	Sandwiches with spreads with watermelon	Oregano / garlic pizza bread With apple slices	Cheesy finger melts with grapes and apple
Earth Room 0-1	Raisin bread with rockmelon	Cheesy mite scrolls pear and banana	Sandwiches with spreads	Oregano / garlic pizzas with natural yogurt	Cheesy finger melts with grapes and apple
LATE AFTERNOON TEA All rooms	Raisin bread	Homemade Fruit bars & sultanas	Cheese and crackers	Rice crackers and fruit	Arrowroot Biscuits with sultanas
Earth Room 0-1	Raisin bread	Homemade Fruit bars & sultanas	Cheese and soft crackers	Sultanas and rice cakes	Arrowroot Biscuits with sultanas

Water is offered at every meal and throughout the day

Children will be encouraged to try a variety of foods however if they dislike the food they will be offered a sandwich or rice crackers.

The children who are under one will be offered some of the older children's menu