

# Summer Menu – Week One

Version Date: October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning tea</b> Drink: milk and water	Sandwiches Marmite, honey or jam	Yoghurt/Weetbix and/or natural canned fruit	Sandwiches Vegemite and cheese	Sandwiches	Custard/yoghurt, Weetbix and/or natural canned fruit
	Sandwiches Vegemite or jam	Dairy-free yoghurt or dairy- free custard, Weetbix and pureed fruit	Sandwiches Vegemite and cheese	Sandwiches	Dairy-free yoghurt or dairy- free custard, Weetbix and pureed fruit
	Fresh fruit platter				
<b>Lunch</b> Drink: water	Crumbed fish, seasonal salad, Healthy Heart oven chips	Healthy beef burgers or beef and lentil burgers	Chicken risotto or chicken rice paper rolls	Cold lean beef, couscous and vegetable salad	Vegetarian pizza
	Mashed seasonal vegetables				
	Fish	Beef	Chicken	Beef	Vegetarian
<b>Afternoon tea</b> Drink: milk and water	Cheese and crackers	Fruit muffins	Pikelets or waffles	Sugar-free banana loaf or banana date loaf	Crackers with cheese
	Seasonal fruit platter				
<b>Late snack</b>	May include crackers, biscuits, fresh or dried fruit				

- Over ones**
- Under ones**
- Everyone**

**Note:**

- ✓ All bread will be either wheatmeal or mixed grain.
- ✓ All cheese is Edam; Vegemite may be Vegemite or Marmite.
- ✓ Babies under 2 years full fat, over 2 years low fat.
- ✓ Mixed veges may include carrots, peas, corn, broccoli, cauliflower, capsicum, pumpkin, parsnip, beans.
- ✓ Salad may include lettuce, tomato, carrot, spring onions, cucumber, capsicum.



# Summer Menu – Week Two

Version Date: October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning tea</b> Drink: milk and water	Cheese sandwiches	Yoghurt/Weetbix and/or natural canned fruit	Crackers and cheese	Yoghurt, Weetbix and natural canned fruit	Fruit loaf
	Cheese sandwiches	Dairy-free yoghurt or dairy-free custard and pureed fruit	Crackers and cheese	Dairy-free yoghurt or dairy-free custard and pureed fruit	Fruit loaf
	Fresh fruit platter				
<b>Lunch</b> Drink: water	Crumbed fish, seasonal salad and oven chips	Beef mince nachos	Sandwich platters (could include zucchini, carrot, cheese filling) or corn fritters with oven chips	Chicken chow mein or chicken stir-fry rice	Chef's choice beef dish
	Mashed vegetables, may include potato, kumara, pumpkin, silverbeet, carrot, peas				
	Fish	Beef	Vegetarian	Chicken	Beef
<b>Afternoon tea</b> Drink: milk and water	Vegetable platter and dip	Pikelets/waffles with margarine, jam or honey	Savoury muffins	Date scones	Cheese and crackers
	Hummus and crackers	Pikelets/waffles with jam	Savoury muffins	Date scones	Cheese and crackers
	Seasonal fruit platter				
<b>Late snack</b>	May include crackers, biscuits, fresh or dried fruit				

- Over ones**
- Under ones**
- Everyone**

**Note:**

- ✓ All bread will be either wheatmeal or mixed grain.
- ✓ All cheese is Edam; Vegemite may be Vegemite or Marmite.
- ✓ Babies under 2 years full fat, over 2 years low fat.
- ✓ Mixed veges may include carrots, peas, corn, broccoli, cauliflower, capsicum, pumpkin, parsnip, beans.
- ✓ Salad may include lettuce, tomato, carrot, spring onions, cucumber, capsicum.



# Summer Menu – Week Three

Version Date: October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning tea</b> Drink: milk and water	Yoghurt/Weetbix and/or natural canned fruit	Cheese on toast, cheesemites or sandwiches	Vegetable and cheese platter with rice crackers and hummus	Yoghurt, Weetbix and/or natural canned fruit	Jam and Vegemite sandwiches
	Dairy-free yoghurt or dairy-free custard, Weetbix and pureed fruit	Cheese on toast, cheesemites or sandwiches	Vegetable and cheese platter with hummus	Dairy-free yoghurt or dairy-free custard, Weetbix and pureed fruit	Jam and Vegemite sandwiches
	Fresh fruit platter				
<b>Lunch</b> Drink: water	Fish burgers and seasonal salad	Beef burritos or nachos with seasonal salad	Vegetarian risotto	Cold roast beef, seasonal salad and rolls or sandwiches	Chicken pizza
	Mashed seasonal vegetables				
	Fish	Beef	Vegetarian	Beef or chicken	Chicken
<b>Afternoon tea</b> Drink: milk and water	Orange muffins/fruit muffins or pikelets	Fruit loaf or sweet fruit roll	Waffles with jam (or honey for over ones)	Savoury scones	Crackers and cheese
	Fresh fruit platter				
<b>Late snack</b>	May include crackers, biscuits, fresh or dried fruit				

- Over ones**
- Under ones**
- Everyone**

**Note:**

- ✓ All bread will be either wheatmeal or mixed grain.
- ✓ All cheese is Edam; Vegemite may be Vegemite or Marmite.
- ✓ Babies under 2 years full fat, over 2 years low fat.
- ✓ Mixed veges may include carrots, peas, corn, broccoli, cauliflower, capsicum, pumpkin, parsnip, beans.
- ✓ Salad may include lettuce, tomato, carrot, spring onions, cucumber, capsicum.



# Summer Menu – Week Four

Version Date: October 2018

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning tea</b> Drink: milk and water	Sandwiches Vegemite or jam	Yoghurt/Weetbix and/or natural canned fruit	Cheese toast	Yoghurt, Weetbix and/or natural canned fruit	Fruit loaf
	Sandwiches Vegemite or jam	Dairy-free yoghurt or dairy- free custard, Weetbix and pureed fruit	Cheese or Vegemite toast	Dairy-free yoghurt or dairy- free custard, Weetbix and pureed fruit	Fruit loaf
	Fresh fruit platter				
<b>Lunch</b> Drink: water	Crumbed fish, fresh seasonal salad and Healthy Heart oven chips	Chicken, fresh seasonal salad and rolls or rice paper rolls	Pasta salad with cherry tomatoes, grated vegetables and cheese	Cold roast beef, fresh seasonal salad and buns	Beef nachos and fresh seasonal salad
	Mashed seasonal vegetables				
	Fish	Chicken	Vegetarian	Beef	Beef
<b>Afternoon tea</b> Drink: milk and water	Cheese puffs/scones or crackers and cheese	Sweet fruit roll, muffins or fruit loaf	Vegetable and dip platter with rice crackers	Waffles or pikelets	Crackers and cheese
	Fresh fruit platters				
<b>Late snack</b>	May include crackers, biscuits, fresh or dried fruit				

- Over ones**
- Under ones**
- Everyone**

**Note:**

- ✓ All bread will be either wheatmeal or mixed grain.
- ✓ All cheese is Edam; Vegemite may be Vegemite or Marmite.
- ✓ Babies under 2 years full fat, over 2 years low fat.
- ✓ Mixed veges may include carrots, peas, corn, broccoli, cauliflower, capsicum, pumpkin, parsnip, beans.
- ✓ Salad may include lettuce, tomato, carrot, spring onions, cucumber, capsicum.

