

WEEK 1	FOOD/ DRINK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	FOOD	Seasonal Fruit, Cheese and Wholegrain Crackers	Seasonal Fruit, Cheese and Wholegrain Crackers	Seasonal Fruit, Cheese and Wholegrain Crackers	Seasonal Fruit, Cheese and Wholegrain Crackers	Seasonal Fruit, Cheese and Wholegrain Crackers
	DRINK	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
LUNCH	FOOD	Chicken Korma with Spinach, Peas and a combination of Brown and White Rice <i>*Vegetarian Option Available</i>	Creamy Pumpkin and Vegetable Soup (THE ABOVE MEAL IS GLUTEN FREE) <i>*Vegetarian Option Available</i>	Beef Lasagne and Salad <i>*Vegetarian and Gluten Free option available</i>	Spaghetti Bolognese with puree vegetables and a combination of Vegetable and White Penne Pasta <i>*Vegetarian and Gluten Free option available</i>	Vegetable Frittata (THE ABOVE MEAL IS GLUTEN FREE) <i>*Vegetarian and Gluten Free option available</i>
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	Vegetable sticks, cabanossi and crackers	Wholemeal and Wholegrain Sandwiches with mixed fillings (cucumber and mayonnaise, ham, vegemite and cheese)	Banana and Pear Loaf	Wholemeal and Wholegrain Sandwiches with mixed fillings (tomato and cheese, chicken, jam and vegemite)	Peach and Spinach Muffins
	DRINK	Water	Water	Water	Water	Water
Late Snack	Children may choose from wholegrain crackers, cheese, seasonal fresh fruit and vegetables. Milk and Water will also be available.					

WEEK 2	FOOD/ DRINK	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	FOOD	Seasonal Fruit, Cheese and Wholegrain Crackers	Seasonal Fruit, Cheese and Wholegrain Crackers	Seasonal Fruit, Cheese and Wholegrain Crackers	Seasonal Fruit, Cheese and Wholegrain Crackers	Seasonal Fruit, Cheese and Wholegrain Crackers
	DRINK	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
LUNCH	FOOD	Shredded Chicken Casserole with "Hidden Vegetables" <i>*Vegetarian Option Available</i>	Zucchini Slice <i>*Vegetarian Option Available</i>	Beef Lasagne with Salad <i>*Vegetarian and Gluten Free option available</i>	Tuna Mornay Pasta Bake with Spinach <i>*Vegetarian and Gluten Free option available</i>	Spaghetti Bolognese with puree vegetables and a combination of Vegetable and White Penne Pasta <i>*Vegetarian and Gluten Free option available</i>
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	Wholemeal and Wholegrain Sandwiches with mixed fillings (cucumber and mayonnaise, ham, vegemite and cheese)	Banana and Pear Loaf	Vegetable sticks, cabanossi and crackers	Peach and Spinach Muffins	Wholemeal and Wholegrain Sandwiches with mixed fillings (tomato and cheese, chicken, jam and vegemite)
	DRINK	Water	Water	Water	Water	Water
Late Snack	Children may choose from wholegrain crackers, cheese, seasonal fresh fruit and vegetables. Milk and Water will also be available.					

Water	Drinking water is accessible for children at all times through the day
Infants (eating solids)	A variety of healthy foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans, tofu). Foods of appropriate texture for an infant's age and stage of development will be catered for (puree, chopped, finger food etc.)
Allergies	Children with allergies and/or food intolerances are provided with a tailored version of the regular menu to suit their individual need