

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Mealtime 7am-11am	A selection of cereals (Oats, Weet-bix, Cornflakes and Rice Bubbles) and natural yoghurt is available.				
	Fresh seasonal fruit and natural yoghurt is offered every day for morning Mealtime. A selection of Berries, melon, mango, apples, plums, bananas, grapes, strawberries and citrus.				
Lunch Mealtime 11am-1.30pm Vegetarian Option -	Mini pizza on wholemeal English muffins	Oven baked chicken and Vegetable wraps	Minestrone soup with wholemeal bread	Beef Bolognese pasta bake	Homemade sausage rolls
		Cheese and egg wraps		Mixed lentil pasta bake	Vegetable rolls
Afternoon Mealtime 2pm-6pm	Fresh seasonal fruit and natural yoghurt is offered every day for afternoon Mealtime. A selection of berries, melon, mango, apples, plums, bananas, grapes, strawberries and citrus.				
	Apple, cinnamon and yoghurt muffins	Muesli cookies and milk	Date loaf and milk	Cheese, crackers , dried fruit and fresh fruit	Creamy pear dip with Fruit and Turkish bread

Our Menus are developed in accordance with the *Dietary Guidelines for Children and Adolescents in Australia and Nutrition Australia*. All lunch meals contain five different vegetables and two different legumes. Morning and afternoon tea contain an assortment of fruits and grains. We provide dairy with each meal.

Meal times provide great opportunities to promote children’s agency and their interdependency. The implementation of progressive and unrushed mealtimes allows opportunities for meaningful interactions with educators and peers and it gives children opportunities for relaxed and enjoyable mealtimes.

Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Mealtime 7am – 11am	A selection of cereals (Oats, Weet-bix, Cornflakes and Rice Bubbles) and natural yoghurt is available.				
	Fresh seasonal fruit and natural yoghurt is offered every day for morning Mealtime. A selection of Berries, melon, mango, apples, plums, bananas, grapes, strawberries and citrus.				
Lunch Mealtime 11am – 1.30pm Vegetarian Option -	Chicken and vegetable mixed rice	Lamb, apricot and chickpea Tangine with cous cous	Pasta bake topped with ricotta and cheddar	Pumpkin and sweet potato soup with wholemeal bread	Mini pizza on wholemeal muffins
	Mixed vegetable rice	Tofu, apricot and chickpea Tangine	4 bean pasta bake		
Afternoon Mealtime 2pm – 6pm	Fresh seasonal fruit and natural yoghurt is offered every day for afternoon Mealtime. A selection of berries, melon, mango, apples, plums, bananas, grapes, strawberries and citrus.				
	Apple and pear crumble with custard	Cheese, crackers, dried fruit and fresh fruit	Mixed berry Muffins and Milk	Oat slice and milk	French onion dip with pita chips and vegetable sticks

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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Mealtime 7 am – 11 am	A selection of cereals (Oats, Weet-bix, Cornflakes and Rice Bubbles) and natural yoghurt is available.				
	Fresh seasonal fruit and natural yoghurt is offered every day for morning Mealtime. A selection of Berries, melon, mango, apples, plums, bananas, grapes, strawberries and citrus.				
Lunch Mealtime 11 am – 1.30 pm	Chicken, leek and mushroom pie	Bacon, pumpkin and chickpea stew	Leek and potato soup with wholemeal bread	Mini pizza on wholemeal English muffins	Beef and fruit curry with jasmine rice
	Vegetarian Option - Vegetable pie	Chickpea, pumpkin, and tofu stew			Vegetable and lentil curry
Afternoon Mealtime 2 pm – 6 pm	Fresh seasonal fruit and natural yoghurt is offered every day for afternoon Mealtime. A selection of berries, melon, mango, apples, plums, bananas, grapes, strawberries and citrus.				
	Cheese, crackers, dried fruit and fresh fruit	Carrot and raisin muffins with milk	Creamy pear dip with Turkish bread and fruit sticks	Banana loaf with milk	Apple and pear crumble with custard

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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Mealtime 7 am – 11 am	A selection of cereals (Oats, Weet-bix, Cornflakes and Rice Bubbles) and natural yoghurt is available.				
	Fresh seasonal fruit and natural yoghurt is offered every day for morning Mealtime. A selection of Berries, melon, mango, apples, plums, bananas, grapes, strawberries and citrus.				
Lunch Mealtime 11 am – 1.30 pm Vegetarian Option -	Pork mince with lettuce cups	Chicken and vegetable soup with wholemeal bread	Mini pizza on wholemeal muffins	Slow cooked lamb with mint gravy and mashed potato	Cauliflower, macaroni cheese
	Vegetable mince lettuce cups	Lentil and vegetable pie		Roast eggplant with mashed potato and gravy	
Afternoon Mealtime 2 pm – 6 pm	Fresh seasonal fruit and natural yoghurt is offered every day for afternoon Mealtime. A selection of berries, melon, mango, apples, plums, bananas, grapes, strawberries and citrus.				
	Avocado dip with vegetable sticks and Turkish bread	Lemon and yoghurt muffins with milk	Apple and pear crumble with custard	Blueberry muffins With milk	Cheese, crackers, dried fruit and fresh fruit

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