



Weekly Menu

SUMMER 2024/2025 - WEEK 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast
Morning Tea	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water
Lunch	Apricot Chicken Ingredients: Chicken thigh, mixed vegetables, assorted spices, apricot and rice babies: pureed seasonal veg Infants will be offered the same as older children when developmentally appropriate or at the parent's request	Spaghetti Bolognese Ingredients: Beef mince, onion, garlic, diced tomato, mixed herbs, spaghetti babies: pureed seasonal veg Infants will be offered the same as older children when developmentally appropriate or at the parent's request	Jambalaya Ingredients: Chicken mince, rice, smoked sausages, celery, chicken stock babies: pureed seasonal veg Infants will be offered the same as older children when developmentally appropriate or at the parent's request	Sicilian Pasta Ingredients: Eggplant, penne pasta, diced tomato, basil, chili flakes, mozzarella babies: pureed seasonal veg Infants will be offered the same as older children when developmentally appropriate or at the parent's request	Mexican beef and rice Ingredients: Beef mince, capsicum, kidney beans, Mexican seasoning, rice babies: pureed seasonal veg Infants will be offered the same as older children when developmentally appropriate or at the parent's request
Afternoon Tea	Yoghurt	Rice Cakes with spreads	Banana Cake	Sausage Rolls	Savory Platter
Late Snack	Crackers	Crackers	Crackers	Crackers	Crackers



Weekly Menu

SUMMER 2024/2025 - WEEK 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast
Morning Tea	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water
Lunch	Middle Eastern Lentil Rice Ingredients: Lamb mince, lentils, Middle Eastern spices, Natural Yoghurt, Rice Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request	Creamy Tuna Pasta Ingredients: Tuna, Diced tomatoes, spiral pasta, spinach, cream Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request	Mango Chicken Curry Ingredients: Chicken Mince, capsicum, Mango Slices, Coconut Milk, Rice Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request	Ham and Mushroom Pasta Ingredients: Shredded Ham, Penne pasta, mushrooms, cream cheese, peas Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request	Ginger Chicken Ingredients: Chicken Mince, Ginger, Mixed Vegetables and Rice Noodles Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request
Afternoon Tea	Rice Cakes with spreads	Marble Cake	Raisin Bread	Assorted dips	Spinach Puffs
Late Snack	Crackers	Crackers	Crackers	Crackers	Crackers



Weekly Menu

SUMMER 2024/2025 - WEEK 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast
Morning Tea	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup milk or water	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water
Lunch	<p>Pumpkin Coconut Curry</p> <p>Ingredients: Butternut Pumpkin, Rice, Coconut Milk, Natural Yoghurt, Mixed Spices</p> <p>Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request</p>	<p>Mixed Sandwiches</p> <p>Ingredients: Sliced ham, sliced chicken, cheese, vegemite</p> <p>Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request</p>	<p>Sausage Ragu with Fettucini</p> <p>Ingredients: Sausage mince, diced tomato, fresh herbs, fettuccini</p> <p>Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request</p>	<p>Nasi Goreng</p> <p>Ingredients: Chicken mince, rice, peas, spring onion, fresh tomato and cucumber</p> <p>Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request</p>	<p>Spaghetti Bolognese</p> <p>Ingredients: Beef mince, onion, garlic, diced tomato, mixed herbs, spaghetti</p> <p>Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request</p>
Afternoon Tea	Vanilla Cake	Sausage Rolls	Rice Cakes with Spreads	Yoghurt	Rosemary Focaccia
Late snack	Crackers	Crackers	Crackers	Crackers	Crackers



Weekly Menu

SUMMER 2024/2025 - WEEK 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast	Cereal and Toast
Morning Tea	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water	Fresh Fruit with a cup of milk or water
Lunch	<p>Greek chicken with lemon rice</p> <p>Ingredients: Chicken thigh, Lemon, Oregano, Rice, Mixed vegetables</p> <p>Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request</p>	<p>Moussaka Pilaf</p> <p>Ingredients: Lamb mince, Rice, Eggplant, Mixed vegetables</p> <p>Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request</p>	<p>Avocado Pasta</p> <p>Ingredients: Spiral Pasta, Cream cheese, Avocado, Basil and Lemon juice</p> <p>Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request</p>	<p>Salmon and Pea risotto</p> <p>Ingredients: Salmon, Peas, Cream, Chicken stock, Rice</p> <p>Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request</p>	<p>Broccoli and Bacon Pasta</p> <p>Ingredients: Diced Bacon, spiral pasta, broccoli, cheese, chicken stock</p> <p>Babies: pureed seasonal veg. Infants will be offered the same as older children when developmentally appropriate or at the parent's request</p>
Afternoon Tea	Apple Cake	Coconut Slice	Rice Cakes with Spreads	Savory Platter	Scones with jam
Late Snack	Crackers	Crackers	Crackers	Crackers	Crackers