



Winter Menu Menu Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Yoghurt Dried Fruit and Muesli Milk/Water to drink	Grilled Cheese Fresh Fruit Milk/Water to drink	Fruit Toast Fresh Fruit Milk/Water to drink	Toast with assorted Spreads and Fresh Fruit Milk/Water to drink	Crumpets Fresh Fruit Milk/Water to drink
Lunch	Baked Bean Muffin Pizza Water to drink	Coconut Fish Curry Water to drink	Pumpkin Soup with Dinner Rolls Water to drink	Chicken Parmigiana Bake with Finger Salad Water to drink	Beef Stroganoff with Fettucine Water to drink
Afternoon Tea	Herb and Cheese Scones Fresh Fruit Milk/Water to drink	Ginerbread Men Fresh Fruit Milk/Water to drink	Raspberry Jam and Cocunut Slice Fresh Fruit Milk/Water to drink	Cheese and Crackers Fresh Fruit Milk/Water to drink	Anzac biscuits Fresh Fruit Milk/Water to drink
Late Snack	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink

Babies on Puree

Morning Tea - stewed apple; puree fruit and cereals

Main Meal - assorted mashed veggies

Afternoon Tea - stewed fruit; puree fruit and cereals



Winter Menu Menu Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fruit Bread Dried Fruit Milk/Water to drink	Crumpets Fresh Fruit Milk/Water to drink	Grilled Cheese Fresh Fruit Milk/Water to drink	Pancakes Fresh Fruit Milk/Water to drink	Toast with assorted spreads and Fresh Fruit Milk/Water to drink
Lunch	Chicken Nuggets with Finger Salad Water to drink	Pesto Spiral Pasta with Parmesan Water to drink	Sausages and Mash with assorted veggies Water to drink	Fish Fingers Mixed Veggies Water to drink	Mexican Pie Water to drink
Afternoon Tea	Cheese and Vegimite Scrolls Fresh Fruit Milk/Water to drink	Finger Buns Fresh Fruit Milk/Water to drink	Saos with Cheese and Tomato Fresh Fruit Milk/Water to drink	Ham and Cheese Quesadillas Fresh Fruit Milk/Water to drink	Choc Chip Biscuits Fresh Fruit Milk/Water to drink
Late Snack	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink

Babies on Puree

Morning Tea - stewed apple; puree fruit and cereals

Main Meal - assorted mashed veggies

Afternoon Tea - stewed fruit; puree fruit and cereals



Winter Menu Menu Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Cruskets with assorted Spreads Dried Fruit Milk/Water to drink	Fruit Toast Fresh Fruit Milk/Water to drink	Toast with assorted Spreads Fresh Fruit Milk/Water to drink	Crumpets Fresh Fruit Milk/Water to drink	Grilled Cheese Fresh Fruit Milk/Water to drink
Lunch	Party Pies Mash and veggies Water to drink	Crumbed Fish Fillets Finger Salad Water to drink	Hidden Veggie Mac and Cheese Water to drink	Chicken Spaghetti Bolognese with Garlic Bread Water to drink	Chunky Beef and Veg Stew with Damper Water to drink
Afternoon Tea	Cheese and Crackers Fresh Fruit Milk/Water to drink	Scones with Jam and Cream Fresh Fruit Milk/Water to drink	Beef and Veg Rissoles Veggie Sticks Milk/Water to drink	Rice Cakes Fresh Fruit Milk/Water to drink	Weetbix Slice Fresh Fruit Milk/Water to drink
Late Snack	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink

Babies on Puree

Morning Tea - stewed apple; puree fruit and cereals

Main Meal - assorted mashed veggies

Afternoon Tea - stewed fruit; puree fruit and cereals



Winter Menu Menu Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Weetbix Dried Fruit Milk/Water to drink	Crumpets Fresh Fruit Milk/Water to drink	Toast with assorted Spreads Fresh Fruit Milk/Water to drink	Grilled Cheese Fresh Fruit Milk/Water to drink	Fruit Toast Fresh Fruit Milk/Water to drink
Lunch	Ham and Cheese Toasties Water to drink	Minestrone Soup with Dinner Rolls Water to drink	Beef Lasagne Bake Water to drink	Butter Chicken with Rice and Papadums Water to drink	Tuna Potato Pie Mixed Veggies Water to drink
Afternoon Tea	Cornflake Cookies Fresh Fruit Milk/Water to drink	Sausage rolls Fresh Fruit Milk/Water to drink	Pancakes Fresh Fruit Milk/Water to drink	Banana and Coconut Bread Fresh Fruit Milk/Water to drink	Pizza Scrolls Fresh Fruit Milk/Water to drink
Late Snack	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink	Plain Rice Crackers Water to drink

Babies on Puree

Morning Tea - stewed apple; puree fruit and cereals

Main Meal - assorted mashed veggies

Afternoon Tea - stewed fruit; puree fruit and cereals