

**(THE HUB WARATAH) SUMMER MENU** *Week Beginning 16/1/17, 13/2/17, 6/3/17, 13/3/17, 3/4/17, 1/5/17, 29/5/17*

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>		Choose from: Wholegrain cereals (wheat biscuits, dried fruit and flake mix), porridge and wholemeal toast with healthy toppings, served with milk and water				
<b>MORNING TEA</b>	Food	Fresh fruit platter (Seasonal Fruits and Veggies)	Fresh fruit platter (Seasonal Fruits and Veggies)	Fresh fruit platter (Seasonal Fruits and Veggies)	Fresh fruit platter (Seasonal Fruits and Veggies)	Fresh fruit platter (Seasonal Fruits and Veggies)
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
<b>LUNCH</b>		Salmon or tuna patties served with fresh garden salad	Honey Soy Chicken Wings served with pumpkin Couscous Salad	Curried sausages served with mixed vegetable medley and steamed rice	Garlic and herb marinated Steak with mash potato and seasonal vegetables	Chicken carbonara served with steamed broccoli
		<b>Vegetarian Option</b> Spiced Chick pea patties served with fresh garden salad	<b>Vegetarian Option</b> Mediterranean Couscous with mixed beans and legumes salad	<b>Vegetarian Option</b> Char Grilled vegetable curry served with steamed broccoli	<b>Vegetarian Option</b> Vegetable skewers served with Mexican red kidney bean dip	<b>Vegetarian Option</b> Creamy Mushroom soup served with steamed broccoli
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Cheese and Crackers with house made dip. Seasonal Fruit (optional)	House made apricot and coconut bars Seasonal Fruit (optional)	House made yoghurt and raspberry cheesecake slice Seasonal Fruit (optional)	Cheese, ham and tomato crackers Seasonal Fruit (optional)	House made mini beef herb and sausage rolls Seasonal Fruit (optional)
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
<b>LATE SNACK</b>		Chef's specialty sandwiches				
<b>Water</b>		Water is freely available throughout the day				
<b>Infants (eating solids)</b>		A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains and milk products. Foods are an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				
<b>Allergies</b>		Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				
<b>Babies Puree</b>		4-6months Potatoes, Carrots, Zucchini, Sweet potato, Pumpkin, Broccoli, Apple, Banana, Rusks and Rice cereal				
<b>Babies Progress</b>		Veggie combo, Pumpkin/carrot/Potato, Chickpeas/potato/carrot, Cauliflower/potato/cheese, Apple/Berries combo, Veggie green combo, Natural yogurt, Pumpkin/chicken, Mango/peach/pear Chickpeas/potatoes/carrot, beef/sweet potato/beans, scrambled egg, Porridge.				