

**(THE HUB WARATAH) SUMMER MENU*****Week Beginning 23/1/17, 20/2/17, 20/3/17, 24/4/17, 22/5/17***

<b>WEEK 2</b>		<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<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>	Food	Grilled garlic chicken with seasonal steamed vegetables <b>Vegetarian option</b> Savoury veggie and three cheese pikelets served with seasonal steamed vegetables	Mini bacon and vegetable quiches served fresh with salad <b>Vegetarian option</b> Mini vegetable quiches served with fresh garden salad	Leg of lamb with mash, steam vegetables and pan gravy <b>Vegetarian option</b> Bean loaf served with mash, steamed vegetable and house made tomato chutney	Beef lasagne served with fresh garden salad <b>Vegetarian option</b> Spiced carrot and zucchini lasagne served with fresh garden salad	Pasta bake served with garden salad <b>Vegetarian option</b> Vegetarian pasta bake served with fresh garden salad
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Mixed fruit slices Seasonal fruit (optional)	Cheese and vegemite scrolls Seasonal fruit (optional)	Honey glazed Anzac Biscuits Seasonal fruit (optional)	House made sesame bars Seasonal fruit (optional)	Mixed dried fruit and rice bubble puffs 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.				