

**(THE HUB WARATAH) SUMMER MENU*****Week Beginning 30/2/17, 27/2/17, 27/3/17, 24/4/17, 22/5/17***

<b>WEEK 3</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 veggie and lamb skewers served with turmeric rice <b>Vegetarian option</b> Grilled veggie skewers served with turmeric rice	Crumbed chicken bites with House made chips and green salad. <b>Vegetarian option</b> Cauliflower and chickpea nuggets with house made chips and green salad with seasonal steamed vegetables	Pumpkin soup with garlic bread	House made chicken nuggets served with fresh garden salad <b>Vegetarian option</b> House made mixed bean and cauliflower nuggets served with fresh garden salad	Beef bolognaised served with house made garlic bread <b>Vegetarian option</b> Bean bolognaised served with house made garlic bread
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Pumpkin or plain scones with honey and cream Seasonal fruit (optional)	Rice paper rolls with Thai dipping sauce Seasonal fruit (optional)	Corn cakes Seasonal fruit (optional)	House made carrot cakes Seasonal fruit (optional)	Ham and cheese sandwiches 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.				