

(THE HUB WARATAH) SUMMER MENU *Week Beginning 16/1/17, 13/2/17, 13/3/17, 10/4/17, 8/5/17, 5/6/17*

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST		Choose from: Wholegrain cereals (wheat biscuits, dried fruit and flake mix), porridge and wholemeal toast with healthy toppings, served with milk and water				
MORNING TEA	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
LUNCH		Salmon or tuna patties served with fresh garden salad	Honey Soy Chicken Wings served with Garden 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
		Vegetarian Option Spiced Chick pea patties served with fresh garden salad	Vegetarian Option Mediterranean Couscous with mixed beans and legumes salad	Vegetarian Option Char Grilled vegetable curry served with steamed broccoli	Vegetarian Option Vegetable skewers served with Mexican red kidney bean dip	Vegetarian Option Creamy Mushroom soup served with steamed broccoli
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Cheese and Crackers with house made dip. Seasonal Fruit Platter	House made Banana Cake Seasonal Fruit Platter	Cheese and Crackers with house made dip. Seasonal Fruit Platter	House made Banana Cake Seasonal Fruit Platter	Cheese and Crackers with house made dip. Seasonal Fruit Platter
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LATE SNACK		Fruit and crackers				
Water		Water is freely available throughout the day				
Infants (eating solids)		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).				
Allergies		Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				
Babies Puree		4-6months Potatoes, Carrots, Zucchini, Sweet potato, Pumpkin, Broccoli, Apple, Banana, Rusks and Rice cereal				
Babies Progress		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.				