

(THE HUB WARATAH) SUMMER MENU***Week Beginning 23/1/17, 20/2/17, 20/3/17, 17/4/17, 15/5/17***

WEEK 2		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	Food	Grilled garlic chicken with seasonal steamed vegetables Vegetarian option Savoury veggie and three cheese pikelets served with seasonal steamed vegetables	Pasta bake served with garden salad Vegetarian option Vegetarian pasta bake served with fresh garden salad	Leg of lamb with mash, steam vegetables and pan gravy Vegetarian option Bean loaf served with mash, steamed vegetable and house made tomato chutney	Beef lasagne served with fresh garden salad Vegetarian option Spiced carrot and zucchini lasagne served with fresh garden salad	Mini bacon and vegetable quiches served fresh with salad Vegetarian option Mini vegetable quiches served with fresh garden salad
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Mixed dried fruit and rice bubble puffs Seasonal Fruit Platter	Honey glazed Anzac Biscuits Seasonal Fruit Platter	Mixed dried fruit and rice bubble puffs Seasonal Fruit Platter	Honey glazed Anzac Biscuits Seasonal Fruit Platter	Mixed dried fruit and rice bubble puffs 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.				