

(THE HUB WARATAH) SUMMER MENU***Week Beginning 30/1/17, 27/2/17, 27/3/17, 24/4/17, 22/5/17***

WEEK 3		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	Crumbed chicken bites with House made chips and green salad. Vegetarian option Cauliflower and chickpea nuggets with house made chips and green salad with seasonal steamed vegetables	Grilled veggie and chicken skewers served with rice Vegetarian option Grilled veggie skewers served with plain rice	Pumpkin soup with garlic bread	House made chicken nuggets served with fresh garden salad Vegetarian option House made mixed bean and cauliflower nuggets served with fresh garden salad	Beef bolognaise served with house made garlic bread Vegetarian option Bean bolognaise served with house made garlic bread
	Drink	Water	Water	Water	Water	Water
AFTER NOON TEA	Food	Pikelets with Jam Seasonal Fruit Platter	Cornflake and Sultana cookie Seasonal Fruit Platter	Pikelets with jam Seasonal Fruit Platter	Cornflake and Sultana cookie Seasonal Fruit Platter	Pikelets with jam 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.				