

(THE HUB WARATAH) SUMMER MENU

Week Beginning 6/2/17, 6/3/17, 3/4/17, 1/5/17, 29/5/17

WEEK 4		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	BBQ Chicken with vegetable melody Vegetarian option Roasted vegetable stack with house made tomato sauce	Beef bolognaise served with house made garlic bread Vegetarian option Bean bolognaise served with house made garlic bread	Roasted chicken with sweet potato mash and beans Vegetarian option Zucchini, quinoa and cheese pie served with sweet potato mash and beans	Pumpkin Soup with Garlic Bread	Mini beef burgers served with house made chips Vegetarian option Mini bean (patties) burgers served with house made chips
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional)	House made Carrot Cake Seasonal fruit (optional)	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional)	House made Carrot Cake Seasonal fruit (optional)	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional)
	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.				