



Waratah – Winter Menu

Week Beginning: 03/07/17, 31/07/17, 28/08/17, 25/09/17, 23/10/17, 20/11/17, 18/12/17

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 Vegetables)	Fresh fruit platter (Seasonal Fruits and Vegetables)	Fresh fruit platter (Seasonal Fruits and Vegetables)	Fresh fruit platter (Seasonal Fruits and Vegetables)	Fresh fruit platter (Seasonal Fruits and Vegetables)
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food	Tuna Bake Vegetarian Option: Vegetable Bake	Curried Sausages served with mixed vegetable medley and steamed rice Vegetarian Option: Vegetable Curry with rice	Honey Soy Chicken Wings served with garden salad Vegetarian Option: Baked Beans and garden salad	Beef Stroganoff and steamed rice Vegetarian Option: Vegetable Stroganoff and steamed rice	Beef Bolognese served with house made garlic bread Vegetarian Option: Bean and Vegetable Bolognese served with house made garlic bread
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Cheese and Crackers Seasonal Fruit and Vegetable Platter	House Made Banana Cake Seasonal Fruit Platter	Cheese and Crackers Seasonal Fruit and Vegetable Platter	House Made Banana Cake Seasonal Fruit Platter	Cheese and Crackers Seasonal Fruit and Vegetable 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, veggie green combo, natural yogurt, pumpkin/chicken, mango/peach/pear chickpeas/potatoes/carrot, beef/sweet potato/beans, scrambled egg, porridge.				