



## Waratah – Winter Menu

Week Beginning: 10/07/17, 07/08/17, 04/09/17, 02/10/17, 30/10/17, 27/11/17

WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>		Choose from: Wholegrain cereals (wheat biscuits, dried fruit and flake mix), porridge and wholemeal toast with healthy toppings, served with milk and water				
<b>MORNING TEA</b>	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
<b>LUNCH</b>	Food	Apricot Chicken with steamed rice  <b>Vegetarian Option:</b> Apricot Medley with rice	Pasta bake served with garden salad  <b>Vegetarian Option:</b> Vegetarian pasta bake served with fresh garden salad	Beef lasagne served with fresh garden salad  <b>Vegetarian Option:</b> Vegetable lasagne served with fresh garden salad	Leg of lamb with mash, steam vegetables and pan gravy  <b>Vegetarian Option:</b> Chickpea patties with mash and steamed vegetables	Mini bacon and vegetable quiches served fresh with salad  <b>Vegetarian Option:</b> Mini vegetable quiches served with fresh garden salad
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	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
<b>LATE SNACK</b>		Fruit and Crackers				
<b>Water</b>		Water is freely available throughout the day.				
<b>Infants (eating solids)</b>		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).				
<b>Allergies</b>		Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.				
<b>Babies Puree</b>		4-6months: Potatoes, carrots, zucchini, sweet potato, pumpkin, broccoli, apple, banana, rusks and rice cereal.				
<b>Babies Progress</b>		Vegie 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.				