



Waratah – Winter Menu

Week Beginning: 17/07/17, 14/08/17, 11/09/17, 09/10/17, 06/11/17, 04/12/17

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	Beef Bolognaise served with house made garlic bread Vegetarian Option: Bean Bolognaise served with house made garlic bread	Chow Mein and rice Vegetarian Option: Cabbage Chow Mein with 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	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
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Jam drop cookies Seasonal Fruit Platter	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional)	Jam drop cookies Seasonal Fruit Platter	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional)	Jam drop cookies 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, veggie green combo, natural yogurt, pumpkin/chicken, mango/peach/pear chickpeas/potatoes/carrot, beef/sweet potato/beans, scrambled egg, porridge.				