



## Waratah – Menu

Week Beginning: 22/1/18, 19/2/18, 19/3/18, 16/4/18, 14/5/18, 11/6/18, 9/7/18, 6/8/18, 3/9/18, 1/10/18, 29/10/18, 26/11/18.

WEEK 4		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 and Vegetable platter (Seasonal Fruits and Vegetables)	Fresh fruit and Vegetable platter (Seasonal Fruits and Vegetables)	Fresh fruit and Vegetable platter (Seasonal Fruits and Vegetables)	Fresh fruit and Vegetable platter (Seasonal Fruits and Vegetables)	Fresh fruit and Vegetable 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	Beef Bolognese served with garlic bread  <b>Vegetarian Option:</b> Bean Bolognese served with garlic bread	Pumpkin Soup with garlic bread  <b>Vegetarian Option:</b> Pumpkin Soup with garlic bread	Roasted Chicken Thigh with mash and steamed vegetables  <b>Vegetarian Option:</b> Chickpea Patties served with mash and steamed vegetables	Tuna Bake  <b>Vegetarian Option:</b> Vegetable Bake	BBQ Chicken with Vegetable Medley  <b>Vegetarian Option:</b> Roasted Vegetable Stack with house made tomato sauce
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Vanilla Yoghurt served with house made muesli (on the side) Seasonal fruit (optional) <b>Babies:</b> Seasonal fruit and vegetable platter/ Vanilla yoghurt	House made Carrot Cake Seasonal fruit (optional) <b>Babies:</b> Seasonal fruit and vegetable platter/ Vanilla yoghurt	Vanilla Yoghurt served with house made muesli (on the side) Seasonal fruit (optional) <b>Babies:</b> Seasonal fruit and vegetable platter/ Vanilla yoghurt	House made Carrot Cake Seasonal fruit (optional) <b>Babies:</b> Seasonal fruit and vegetable platter/ Vanilla yoghurt	Vanilla Yoghurt served with house made muesli (on the side) Seasonal fruit (optional) <b>Babies:</b> Seasonal fruit and vegetable platter/ Vanilla yoghurt
	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>		4-6 months Potatoes, carrots, zucchini, sweet potato, pumpkin, broccoli, apple, banana, rusks and rice cereal.				
<b>Babies Progress</b>		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.				