



## Waratah –Menu

Week Beginning: 2/1/19, 28/1/19, 25/2/19, 25/3/19, 22/4/19, 20/5/19, 17/6/19, 15/7/19, 12/8/19, 9/9/19, 7/10/19, 4/11/19, 2/12/19

WEEK 1		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	Tuna Bake  <b>Vegetarian Option:</b> Vegetable Bake	Curried Sausages served with mixed vegetable medley and steamed rice  <b>Vegetarian Option:</b> Vegetable Curry with rice	Honey Soy Chicken Wings served with garden salad  <b>Vegetarian Option:</b> Baked Beans and garden salad	Chicken & Corn Soup with garlic bread  <b>Vegetarian Option:</b> Corn & Carrot Soup with garlic bread	Beef Bolognese served with garlic bread  <b>Vegetarian Option:</b> Bean and Vegetable Bolognese served with garlic bread
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Cheese and Crackers Seasonal Fruit and Vegetable Platter  <b>Babies:</b> Seasonal fruit & Vegetable platter and Arrowroot Biscuits	House Made Banana Cake Seasonal Fruit and Vegetable Platter  <b>Babies:</b> Seasonal fruit & Vegetable platter and Arrowroot Biscuits	Cheese and Crackers Seasonal Fruit and Vegetable Platter  <b>Babies:</b> Seasonal fruit & Vegetable platter and Arrowroot Biscuits	House Made Banana Cake Seasonal Fruit and Vegetable Platter  <b>Babies:</b> Seasonal fruit & Vegetable platter and Arrowroot Biscuits	Cheese and Crackers Seasonal Fruit and Vegetable Platter  <b>Babies:</b> Seasonal fruit & Vegetable platter and Arrowroot Biscuits
	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), 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, apple, banana, rusks and rice cereal.				
<b>Babies Progress</b>		Veggie Combo: Pumpkin/carrot/potato, chickpeas/potato/carrot, cauliflower/potato/cheese, apple/berries, yogurt, pumpkin/chicken, chickpeas/potatoes/carrot, beef/sweet potato/beans, porridge, seasonal vegetables.				