



## Waratah – Menu

Week Beginning: 14/1/19, 11/2/19, 11/3/19, 8/4/19, 6/5/19, 3/6/19, 1/7/19, 29/7/19, 26/8/19, 23/9/19, 21/10/19, 18/11/19, 16/12/19.

WEEK 3		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	Chicken and Corn soup with garlic bread  <b>Vegetarian Option:</b> Corn and Carrot soup with garlic bread	Chow Mein and rice  <b>Vegetarian Option:</b> Cabbage Chow Mein with rice	Chef's special Sausage Sangas  <b>Vegetarian Option:</b> Cheese and tomato sandwiches	Pumpkin Soup with garlic bread  <b>Vegetarian Option:</b> Pumpkin Soup with garlic bread	Crumbed Chicken Bites with pasta salad  <b>Vegetarian Option:</b> Cauliflower and Chickpea Nuggets with house made chips and green salad with seasonal steamed vegetables
	Drink	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Food	Jam drop cookies Seasonal Fruit & Vegetable Platter  <b>Babies:</b> Seasonal Fruit & Veg Platter/ Arrowroot Biscuits	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional) <b>Babies:</b> Seasonal Fruit & Veg Platter/ Arrowroot Biscuits	Jam drop cookies Seasonal Fruit & Vegetable Platter  <b>Babies:</b> Seasonal Fruit & Veg Platter/ Arrowroot Biscuits	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional) <b>Babies:</b> Seasonal Fruit & Veg Platter/ Arrowroot Biscuits	Jam drop cookies Seasonal Fruit & Vegetable Platter  <b>Babies:</b> Seasonal Fruit & Veg Platter/ 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>		Vegie 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.				