



Waratah –Menu

Week Beginning: 7/1/19, 4/2/19, 4/3/19, 1/4/19, 29/4/19, 27/5/19, 24/6/19, 22/7/19, 19/8/19, 16/9/19, 14/10/19, 11/11/19, 9/12/19

WEEK 2		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 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
LUNCH	Food	Apricot Chicken with steamed rice Vegetarian Option: Apricot Medley with rice	Pasta Bake Vegetarian Option: Vegetarian Pasta Bake	Beef Lasagne served with fresh garden salad Vegetarian Option: Vegetable Lasagne served with fresh garden salad	Sandwiches (Variety) with meat options. Vegetarian Option: Sandwiches with no meat.	Vegetable Frittata served fresh with salad Vegetarian Option: Vegetable Frittata served fresh with salad
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Pikelets Seasonal Fruit & Vegetable Platter Babies: Seasonal fruit and veg platter/ Rice Cakes with Cheese	Honey Glazed Anzac Biscuits Seasonal Fruit & Vegetable Platter Babies: Seasonal fruit and veg platter/ Rice Cakes with Cheese	Pikelets Seasonal Fruit & Vegetable Platter Babies: Seasonal fruit and veg platter/ Rice Cakes with Cheese	Honey Glazed Anzac Biscuits Seasonal Fruit & Vegetable Platter Babies: Seasonal fruit and veg platter/ Rice Cakes with Cheese	Pikelets Seasonal Fruit & Vegetable Platter Babies: Seasonal fruit and veg platter/ Rice Cakes with Cheese
	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), 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		4-6 months: Potatoes, carrots, zucchini, sweet potato, pumpkin, apple, banana, rusks and rice cereal.				
Babies Progress		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.				