



# THE HUB MENU

## The Hub Waratah

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
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	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water
Lunch	Tuna Bake Vegetarian Option: Vegetable Bake Water	Curried Sausages served with mixed vegetable medley and steamed rice Vegetarian Option: Vegetable Curry with rice Water	Honey Soy Chicken Wings served with garden salad Vegetarian Option: Baked Beans and garden salad Water	Chicken & Corn Soup served with garlic bread Vegetarian Option: Corn & Carrot Soup with garlic bread Water	Beef Bolognaise served with garlic bread Vegetarian Option: Bean and Vegetable Bolognaise served with garlic bread Water
Afternoon Tea	Cheese and Crackers Seasonal Fruit and Vegetable Platter Babies: Seasonal fruit & Vegetable platter and Arrowroot Biscuits Milk and Water	House Made Banana Cake Seasonal Fruit and Vegetable Platter Babies: Seasonal fruit & Vegetable platter and Arrowroot Biscuits Milk and Water	Cheese and Crackers Seasonal Fruit and Vegetable Platter Babies: Seasonal fruit & Vegetable platter and Arrowroot Biscuits Milk and Water	House Made Banana Cake Seasonal Fruit and Vegetable Platter Babies: Seasonal fruit & Vegetable platter and Arrowroot Biscuits Milk and Water	Cheese and Crackers Seasonal Fruit and Vegetable Platter Babies: Seasonal fruit & Vegetable platter and Arrowroot Biscuits Milk and Water
Late Snack	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	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	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.				





# THE HUB MENU

## The Hub Waratah

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	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water
Lunch	Apricot Chicken with steamed rice Vegetarian Option: Apricot Medley with rice Water	Pasta Bake Vegetarian Option: Vegetarian Pasta Bake Water	Beef Lasagne served with fresh garden salad Vegetarian Option: Vegetable Lasagne served with fresh garden salad Water	Sandwiches (Variety) with meat options. Vegetarian Option: Sandwiches with no meat. Water	Pumpkin Soup and Garlic Bread Vegetarian Option: Pumpkin Soup and Garlic Bread Water
Afternoon Tea	Pikelets Seasonal Fruit & Vegetable Platter Babies: Seasonal fruit and veg platter/ Rice Cakes with Cheese Milk and Water	Honey Glazed Anzac Biscuits, Seasonal Fruit & Vegetable Platter Babies: Seasonal fruit and veg platter/ Rice Cakes with Cheese Milk and Water	Pikelets Seasonal Fruit & Vegetable Platter Babies: Seasonal fruit and veg platter/ Rice Cakes with Cheese Milk and Water	Honey Glazed Anzac Biscuits, Seasonal Fruit & Vegetable Platter Babies: Seasonal fruit and veg platter/ Rice Cakes with Cheese Milk and Water	Pikelets Seasonal Fruit & Vegetable Platter Babies: Seasonal fruit and veg platter/ Rice Cakes with Cheese Milk and Water
Late Snack	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	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	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.				





# THE HUB MENU

*The Hub Waratah*

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
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	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water	Seasonal Fruit and Vegetable Platter Milk and Water
Lunch	Chicken and Corn soup with garlic bread  Vegetarian Option: Corn and Carrot soup with garlic bread  Water	Chow Mein and rice  Vegetarian Option: Cabbage Chow Mein with rice  Water	Chef's special Sausage Sangas  Vegetarian Option: Cheese and tomato sandwiches  Water	Pumpkin Soup with garlic bread  Vegetarian Option: Pumpkin Soup with garlic bread  Water	Crumbed Chicken Bites with pasta salad  Vegetarian Option: Cauliflower and Chickpea Nuggets with house made chips and green salad with seasonal steamed vegetables  Water
Afternoon Tea	Jam drop cookies Seasonal Fruit & Vegetable Platter  Babies: Seasonal Fruit & Veg Platter/ Arrowroot Biscuits  Milk and Water	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional)  Babies: Seasonal Fruit & Veg Platter/ Arrowroot Biscuits  Milk and Water	Jam drop cookies Seasonal Fruit & Vegetable Platter  Babies: Seasonal Fruit & Veg Platter/ Arrowroot Biscuits  Milk and Water	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional)  Babies: Seasonal Fruit & Veg Platter/ Arrowroot Biscuits  Milk and Water	Jam drop cookies Seasonal Fruit & Vegetable Platter  Babies: Seasonal Fruit & Veg Platter/ Arrowroot Biscuits  Milk and Water
Late Snack	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	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	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.				





# THE HUB MENU

## The Hub Waratah

21/1/19, 18/2/19, 18/3/19, 15/4/19, 13/5/19, 10/6/19, 8/7/19, 5/8/19, 2/9/19, 30/9/19, 28/10/19, 25/11/19.					
Week 4	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	Seasonal Fruit and Vegetable Platter Milk and water	Seasonal Fruit and Vegetable Platter Milk and water	Seasonal Fruit and Vegetable Platter Milk and water	Seasonal Fruit and Vegetable Platter Milk and water	Seasonal Fruit and Vegetable Platter Milk and water
Lunch	Beef Bolognaise served with garlic bread  Vegetarian Option: Bean Bolognaise served with garlic bread  Water	Pumpkin Soup with garlic bread  Vegetarian Option: Pumpkin Soup with garlic bread  Water	Roasted Chicken Thigh with mash and steamed vegetables  Vegetarian Option: Chickpea Patties served with sweet potato mash and steamed vegetables  Water	Tuna Bake  Vegetarian Option: Vegetable Bake  Water	BBQ Chicken with vegetable medley  Vegetarian Option: Baked beans with vegetable medley  Water
Afternoon Tea	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional)  Babies: Seasonal Fruit & Veg Platter/ Arrowroot Biscuits  Milk and water	House made Carrot Cake Seasonal fruit (optional)  Babies: Seasonal fruit and vegetable platter/ Vanilla yoghurt  Milk and water	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional)  Babies: Seasonal Fruit & Veg Platter/ Arrowroot Biscuits  Milk and water	House made Carrot Cake Seasonal fruit (optional)  Babies: Seasonal fruit and vegetable platter/ Vanilla yoghurt  Milk and water	Vanilla yoghurt served with house made muesli (On the side) Seasonal fruit (optional)  Babies: Seasonal Fruit & Veg Platter/ Arrowroot Biscuits  Milk and water
Late Snack	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	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	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.				