



# THE HUB MENU

The Hub Elmore Vale

Week Beginning: 7/9/20, 5/10/20, 2/11/20, 30/11/20

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 Berry muffins Milk and Water	Seasonal fruit and Cheese and Vegemite scrolls Milk and Water	Oat Cookies Milk and Water	Anzac Biscuits Milk and Water	Seasonal fruit and Berry muffins Milk and Water
Lunch	Tuna Bake with vegetables Vegetarian Option: Vegetable Bake Water	Honey Soy Mini Drumsticks with mixed Roast Vegetables Vegetarian Option: Vegetable Curry with rice Water	Shepherd's pie Vegetarian Option: Baked Beans and garden salad Water	Chicken, Fried Rice and Vegetables Vegetarian Option: Mixed Vegetables and Rice Water	Beef Bolognese served with garlic bread Vegetarian Option: Bean and Vegetable Bolognese 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.				