



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	A range of breakfast cereals	A range of breakfast cereals	A range of breakfast cereals	A range of breakfast cereals	A range of breakfast cereals
Morning Tea	Fresh fruit and vegetable platter Seasonal fruits and vegies such as Watermelon, rockmelon, pear, carrot, celery, orange, apple, cucumber, pineapple, sultanas	Fresh fruit and vegetable platter Seasonal fruits and vegies such as Watermelon, rockmelon, pear, carrot, celery, orange, apple, cucumber, pineapple, sultanas	Fresh fruit and vegetable platter Seasonal fruits and vegies such as Watermelon, rockmelon, pear, carrot, celery, orange, apple, cucumber, pineapple, sultanas	Fresh fruit and vegetable platter Seasonal fruits and vegies such as Watermelon, rockmelon, pear, carrot, celery, orange, apple, cucumber, pineapple, sultanas	Fresh fruit and vegetable platter Seasonal fruits and vegies such as Watermelon, rockmelon, pear, carrot, celery, orange, apple, cucumber, pineapple, sultanas
Nursery Morning Tea	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit
Lunch	Chicken stroganoff bake	Assorted Sandwich Platter Fillings include, cheese, chicken, vegemite, jam, cheese spread, spaghetti, baked beans, lettuce and tomato	Fish cakes and sweet potato mash with steamed veggies	Beef & chickpea curry with rice	Mushroom & spinach risotto
Vegetarian option	Vegetarian stroganoff bake	As above	Vegetarian cakes with sweet potato mash & steamed veggies	Chickpea curry with rice	As above
Nursery Lunch	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)
Afternoon Tea	Rice cakes with cheese & cherry tomatoes	Oat & banana muffins	Yoghurt and berry bark	Toasted wholegrain fruit loaf with fresh fruit	Cheese, crackers & apple slices
Nursery Afternoon Tea	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)
Late snack	Choose from wholegrain crackers & cheese, fresh vegetables & fruit, served with water				
Infants (eating solids)	A variety of healthy foods are offered every day. Foods are an appropriate texture for infants' age (e.g. Mashed, lumpy, chopped, finger foods) depending on their individual developmental needs.				
Allergies	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs.				

Seasonal fruits will vary and will be based on availability. Meals will be altered and ingredients will be substituted to meet individual dietary requirement



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Nursery Morning Tea	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit
Lunch	Beef sausages with mashed potato and vegetables	Vegetable and tuna fried rice	Assorted Sandwich Platter Fillings include, cheese, egg, chicken, vegemite, jam, cheese spread, spaghetti, baked beans, lettuce and tomato	Chicken drumstick with pasta salad	Spaghetti Bolognese Sauce, tomato paste, spaghetti, onion, mince, cheese
Vegetarian option	Vegetarian sausages with mashed potato and vegetables	Vegetarian fried rice	As Above	Quorn pieces with pasta salad	Vegetarian Spaghetti
Nursery Lunch	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)
Afternoon Tea	Cream cheese & cucumber wholemeal wraps	Vegemite & cheese scrolls	Veggie sticks, cubed cheese & dip	Rice cakes with spreads	Savoury muffins
Nursery Afternoon Tea	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)
Late snack	Choose from wholegrain crackers & cheese, fresh vegetables & fruit, served with water				
Infants (eating solids)	A variety of healthy foods are offered every day. Foods are an appropriate texture for infants' age (e.g. Mashed, lumpy, chopped, finger foods) depending on their individual developmental needs.				
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Nursery Morning Tea	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit
Lunch	Penne pasta with zucchini meatballs & tomatoes	Apricot chicken with brown rice	Vegetarian lasagne	Fish finger and salad wraps	Assorted Sandwich Platter Fillings include, cheese, egg, chicken, vegemite, jam, cheese spread, spaghetti, baked beans, lettuce and tomato
Vegetarian option	As above	Quorn pieces apricot chicken with brown rice	As above	Salad wraps	As above
Nursery Lunch	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)
Afternoon Tea	Wholemeal blueberry muffins	Veggie sticks, cubed cheese & dip	Wholegrain rice cakes with assorted spreads	Weetbix slice & fresh fruit	Greek Yoghurt and mixed fruit
Nursery Afternoon Tea	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)
Late snack	Choose from wholegrain crackers & cheese, fresh vegetables & fruit, served with water				
Infants (eating solids)	A variety of healthy foods are offered every day. Foods are an appropriate texture for infants' age (e.g. Mashed, lumpy, chopped, finger foods) depending on their individual developmental needs.				
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Nursery Morning Tea	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit	Seasonal fruit platter/pureed fruit
Lunch	Chicken, spinach and ricotta cannelloni	Mongolian beef with beans and brown rice	Lentil Pasta with marinara sauce	Assorted Sandwich Platter Fillings include, cheese, egg, chicken, vegemite, jam, cheese spread, spaghetti, baked beans, lettuce and tomato	Fish bake with white rice and steamed vegetables
Vegetarian option	Spinach & ricotta cannelloni	Vegetarian Mongolian Quorn with beans and brown rice	As above	As above	Vegetarian Quorn pieces with rice and steamed vegetables
Nursery Lunch	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)	Pureed seasonal vegetables (or as above)
Afternoon Tea	Wholegrain Rice Cakes with cheese and fruit	Fruit salad with Greek Yoghurt	Wholegrain crackers and cheese with dried fruit	Banana and oat muffins	Vegemite & cheese scrolls
Nursery Afternoon Tea	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)	Pureed fruit (or as above)
Late snack	Choose from wholegrain crackers & cheese, fresh vegetables & fruit, served with water				
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Centre Menu



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