



Centre Menu

Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:15am – 7:45am	Weetbix and toast on offer				
Morning Tea Milk on offer every day with Morning Tea	Fresh fruit platter	Fresh fruit platter	Fresh fruit platter	Fresh fruit platter	Fresh fruit platter
Lunch	Spaghetti Bolognese with beef and lentils and hidden veggies and pasta	Chicken noodle soup with toast	Curried sausages with steamed rice and Hidden vegetables	Honey soy chicken and steamed rice and green beans	Creamy Mushroom and spinach pasta bake with hidden veggies
	Spaghetti lentil bolognese with hidden veggies and pasta	Vegetable noodle soup with toast	Vegetable patties with steamed rice	Honey soy vegetables with steamed rice and green beans	As above
Afternoon Tea	Crumpets with jam and carrot wedges	Carrot and banana cake	Pita bred with hummus dip and cucumber slices	Cinnamon toast and dried fruits	Apple and date loaf
Late snack	Light snack offered to those still attending after 5:00pm				
Allergies/ Dietary Requirements	Children with allergies or Dietary requirements will be provided with a tailored version of the menu to suit their individual needs				

SEASONAL FRUIT *Subject to stock availability

Watermelon, rockmelon, pear, oranges, apple, honeydew melon, banana, grapes, papaya

(Please see your child's daily information in their room to see which fruit was on offer for the day)

SEASONAL VEGETABLES *Subject to stock availability

carrots, capsicum, tomato, cucumber, mushrooms, pumpkin, potatoes

(Please see your child's daily information in their room to see which Veggies were on offer for the day)

(Please see your child's daily information in their room to see assorted sandwich selection on offer for the day)



Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:15am – 7:45am	Weetbix and toast on offer				
Morning Tea MILK WILL BE OFFERED WITH MORNING TEA DAILY	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter
Lunch	Tuna pasta casserole with peas and corn	Pumpkin and lentil curry served with rice	Minestrone soup served with toast	Creamy Thai chicken pasta with hidden veggies	Fish sticks served with potato mash and peas and carrots
				Creamy vegetable Thai with pasta	Vegetable patties served with potato mash and peas and carrots
Vegetarian option	Vegetable pasta casserole	As above	As above		
Afternoon Tea	Bean and Greek yoghurt dip served with corn chips and cucumber and carrot sticks	Vegemite and jam sandwiches	Crackers with Hommus dip and cucumber slices	Orange cake	Choc chip slice
Late snack	Light snack offered to those still attending after 5:00pm				
Allergies/ Dietary Requirements	Children with allergies or Dietary requirements will be provided with a tailored version of the menu to suit their individual needs				

SEASONAL FRUIT *Subject to stock availability

Watermelon, rockmelon, pear, oranges, apple, honeydew melon, banana, grapes, papaya, tomato

(Please see your child's daily information in their room to see which fruit was on offer for the day)

SEASONAL VEGETABLES *Subject to stock availability

carrots, capsicum, cucumber, mushrooms, pumpkin, potatoes

(Please see your child's daily information in their room to see which Veggies were on offer for the day)

(Please see your child's daily information in their room to see assorted sandwich selection on offer for the day)

Centre Menu

Week 3



	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:15am – 7:45am	Weetbix and toast- on offer				
Morning Tea MILK WILL BE OFFERED WITH MORNING TEA DAILY	Fresh fruit platter	Fresh fruit platter	Fresh fruit platter	Fresh fruit platter	Fresh fruit platter
Lunch	Italian lamb stew served with pasta and hidden veggies	Chicken stroganoff served with rice (Mushrooms)	Creamy mushroom and spinach pasta bake with hidden veggies	Pumkin soup served with toast	Chicken noodle soup served with toast and hidden veggies
Vegetarian option	Italian tofu stew served with pasta and hidden veggies	Baked bean stroganoff served with rice (Mushrooms)	As above	As above	Vegetable noodle soup served with toast
	Rice cakes with butter/vegemite and dried fruits	Coconut banana and cinnamon cake	Cheese/avocado/carrot wraps	Raisin bread served with carrots and cucumber	Zucchini and carrot slice
Late snack	Light snack offered to those still attending after 5:00pm				
Allergies/ Dietary Requirements	Children with allergies or Dietary requirements will be provided with a tailored version of the menu to suit their individual needs				

SEASONAL FRUIT *Subject to stock availability

Watermelon, rockmelon, pear, oranges, apple, honeydew melon, banana, grapes, papaya

(Please see your child's daily information in their room to see which fruit was on offer for the day)

SEASONAL VEGETABLES *Subject to stock availability

carrots, capsicum, tomato, cucumber, mushrooms, pumpkin, potatoes

(Please see your child's daily information in their room to see which Veggies were on offer for the day)

SANDWICH/WRAPS FILLING: Cheese, vegemite, jam, sliced meat

(Please see your child's daily information in their room to see assorted sandwich selection on offer for the day)



Centre Menu

Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast 6:15am – 7:45am	Weetbix and toast - on offer				
Morning Tea <small>MILK WILL BE OFFERED WITH MORNING TEA DAILY</small>	Fresh fruit platter	Fresh fruit platter	Fresh fruit platter	Fresh fruit platter	Fresh fruit platter
Lunch	Curried lentil and pumpkin soup served with toast	Cheesy macaroni pasta bake with hidden veggies	Moroccan lamb cous cous With hidden vegetables	Veal/chicken tortellini in a creamy sauce with hidden veggies	Macaroni tuna mornay with hidden veggies
			Moroccan Cauliflower cous cous	Vegetarian tortellini in a creamy sauce	Vegetable mornay
Afternoon Tea	Banana and jam crumpets with carrots and dried fruit	As above	Strawberry jam and vegemite sandwiches	Banana and yoghurt	Cheese and crackers with dried fruits
Late snack	Light snack offered to those still attending after 5:00pm				
Allergies/ Dietary Requirements	Children with allergies or Dietary requirements will be provided with a tailored version of the menu to suit their individual needs				

SEASONAL FRUIT *Subject to stock availability

Watermelon, rockmelon, pear, oranges, apple, honeydew melon, banana, grapes, papaya

(Please see your child's daily information in their room to see which fruit was on offer for the day)

SEASONAL VEGETABLES *Subject to stock availability

carrots, capsicum, tomato, cucumber, mushrooms, pumpkin, potatoes

(Please see your child's daily information in their room to see which Veggies were on offer for the day)

(Please see your child's daily information in their room to see assorted sandwich selection on offer for the day)



Centre Menu

Pips 1 & 2 Menu

Week 1

		Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast: Weetbix, Rice Cereal and toast on offer				
Morning Tea		Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits
	Puree's	Oat and apple puree	Banana pear puree	Apple and carrot puree	Banana and avocado puree	Mango and apple puree
Lunch		Steamed vegetables	Steamed vegetables	Steamed vegetables	Steamed vegetables	Steamed vegetables
	Puree's	Beef and potato puree	Chicken/ Sweet potato and broccoli puree	Curried sweet potato and cauliflower puree	Green bean and pumpkin puree	Mushroom and spinach puree
Vegetarian		Potato and carrot puree	Sweet potato and broccoli puree	As above	As above	As above
Afternoon Tea		Weetabix and peach mouse	Carrot and banana cake	Baked beans with toast	Weetabix and pear mouse	Apple and date loaf
	Puree's	Peach and pear puree	Banana and carrot puree	Yoghurt and banana puree	Pear and apple puree	Banana oats puree
Late Snack	Age Appropriate - snack offered to those still attending after 5:00pm					
Allergies/ Dietary Requirements	Children with allergies or Dietary requirements will be provided with a tailored version of the menu to suit their individual needs					



Centre Menu

Pips 1 & 2 Menu

Week 2

		Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast: Weetbix/toast and Rice Cereal on offer				
Morning Tea		Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits
	Puree's	Banana and pear puree	Banana and avo oats	Blueberry oats	Mango and apple puree	Strawberry and pear puree
Lunch		Steamed vegetables	Steamed vegetables	Steamed vegetables	Steamed vegetables	Steamed vegetables
	Puree's	Tuna and vegetable puree	Pumkin and lentil curry puree	Minestrone soup puree	Creamy chicken puree	Potato and carrot puree
Vegetarian		Sweet potato and pumpkin puree	As above	As above	Creamy vegetable puree	As above
Afternoon Tea		Baked beans and toast	Weetabix and pear mouse	Apple and mango mouse	Orange cake	Mini blueberry cakes
	Puree's	Baked bean and avocado puree	Pear and strawberry puree	Banana and blueberry puree	Orange and pear puree	Strawberry oats and apple puree
Late Snack	Age Appropriate - snack offered to those still attending after 5:00pm					
Allergies/ Dietary Requirements	Children with allergies or Dietary requirements will be provided with a tailored version of the menu to suit their individual needs					



Centre Menu

Pips 1 & 2 Menu

Week Three

		Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast: Weetbix/toast and Rice Cereal on offer				
Morning Tea		Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits
	Puree's	Apple and strawberry puree	Weetbix mouse with pear puree	Banana and creamy rice	Mango and peach puree	Berry and banana puree
Lunch		Steamed vegetables	Steamed vegetables	Steamed vegetables	Steamed vegetables	Steamed vegetables
	Puree's	Lamb casserole puree	Chicken stroganoff puree	Pumkin soup puree	Zucchini and potato puree	Chicken noodle soup puree
Vegetarian		Sweet potato and pumpkin puree	Carrot and broccoli puree	As above	As above	Sweet potato and cauliflower puree
Afternoon Tea		Soft carrots and broccoli	Banana and cinnamon cake	Yoghurt and mixed berry	Baked beans and toast	Zucchini and carrot slice
	Puree's	Carrot and broccoli puree	Banana and pear puree	Berry and oat puree	Baked bean and apple puree	Zucchini and carrot puree
Late Snack	Age Appropriate - snack offered to those still attending after 5:00pm					
Allergies/ Dietary Requirements	Children with allergies or Dietary requirements will be provided with a tailored version of the menu to suit their individual needs					



Centre Menu

Pips 1 & 2 Menu

Week Four

		Monday	Tuesday	Wednesday	Thursday	Friday
		Breakfast: Weetbix/toast and Rice Cereal on offer				
Morning Tea		Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits	Daily selection of seasonal fruits
	Puree's	Apple and blueberry oats	Pear and mango puree	Pineapple and strawberry puree	Apple weetbix mouse puree	Mixed fruit with avo and banana oats
Lunch		Steamed vegetables	Steamed vegetables	Steamed vegetables	Steamed vegetables	Steamed vegetables
	Puree's	Lentil and pumpkin puree	Sweet potato and broccoli puree	Moroccan lamb sweet potato and carrot puree	Cauliflower and pea puree	Tuna potato and broccoli puree
Vegetarian		As above	As above	sweet potato and carrot puree	As above	potato and broccoli puree
Afternoon Tea		Bananas and carrots	Baked bean and apple steamed	Strawberry mouse with weetbix	Banana and yoghurt	Pear and apple mini pancakes
	Puree's	Banana and carrot puree	Baked bean and cauliflower puree	Strawberry and avo puree	Banana and blueberry puree	Pear and apple puree
Late Snack	Age Appropriate - snack offered to those still attending after 5:00pm					
Allergies/ Dietary Requirements	Children with allergies or Dietary requirements will be provided with a tailored version of the menu to suit their individual needs					