

Week One WINTER 2018

Please note that only Halal meats are used within our Centre, we take care to eliminate eggs and nuts.

Children who are vegetarians or have any allergies or dietary requirements are provided a similar meal altered accordingly to meet the individual needs.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served with milk and water	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese
Morning Tea Served with milk and water	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter
Lunch Served with water (water is given to the children as part of our "Dental Policy") INFANTS LUNCH Children under 12 months are provided with the lunch meal in various textures and/or of puree fruit and vegetables. Vegetarian option	Tuna risotto Carrots, pumpkin, capsicum, zucchini, corn, arborio rice, onion, garlic, celery, tomato, parsley <i>Vegetables to replace tuna</i>	Beef lasagne Minced beef, oil, onion, pasta sheets, carrot, lentils, oregano, cheese, tomatoes, garlic <i>Black bean to replace beef</i>	Lamb casserole with roast potatoes Lamb mince, onions, carrots, potatoes, peas, garlic, thyme, celery, beef stock, cheese <i>Chickpea to replace lamb</i>	Chicken noodle soup Chicken diced, carrots, noodles, garlic, celery, oil, beans <i>Tofu to replace chicken</i>	Mushroom paella Mushrooms, vegetable stock, garlic, onion, tomatoes, paprika, arborio rice, oil
Afternoon Tea Served with milk and water INFANTS A/T Fruit and vegetable puree also provided Served with water	Beetroot and carrot muffins Carrot, banana, flour, oil, beetroot	Eggplant dip with veggie sticks, wholemeal pita bread or Anna's Italian bread Yoghurt, cucumber, eggplant, garlic, oil, lemon	Mini margarita pizzas English muffins, tomatoes, herbs, cheese	Zucchini slice Onion, zucchini, flour, baking powder, egg replacer, cheese	Homemade banana and blueberry cake Flour, baking powder, oil, banana, blueberry
Late Snack Served with water	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese

Please note that only Halal meats are used within our Centre, we take care to eliminate eggs and nuts.

Children who are vegetarians or have any allergies or dietary requirements are provided a similar meal altered accordingly to meet the individual needs.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served with milk and water	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese
Morning Tea Served with milk and water	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter
Lunch Served with water (water is given to the children as part of our "Dental Policy") INFANTS LUNCH Children under 12 months are provided with the lunch meal in various textures and/or of puree fruit and vegetables. Vegetarian option	Vegetarian fried rice Rice, tofu, carrots, peas, corn	Chicken curry with cous cous Diced chicken, cous cous, cumin seeds, light coconut milk, onion, garlic, carrot, potatoes <i>Chickpeas to replace chicken</i>	Irish beef stew with roast potatoes Diced beef, thyme, garlic, tomato paste, beef stock, celery, carrots, potato, onions <i>Black bean to replace beef</i>	Salmon and spinach risotto Salmon, pumpkin, spinach, garlic, capsicum, vegetable stock, carrot, onion, parmesan, rice <i>Tofu to replace salmon</i>	Lamb meatball pasta Lamb mince, red kidney beans, parsley, carrots, celery, onion, zucchini, tomato, pasta <i>Tofu to replace lamb</i>
Afternoon Tea Served with milk and water INFANTS A/T Fruit and vegetable puree also provided Served with water	Veggie sticks with tuna creamed corn dip and wholemeal pita bread	Apple and cinnamon muffins Apple, cinnamon, flour, rice milk, oil, brown sugar	Pouched mixed berries with natural yoghurt	Banana bread slice Banana, vanilla, flour, brown sugar, oil	Spinach and cheese scones Flour, cheese, spinach, water, butter
Late Snack Served with water	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese

Please note that only Halal meats are used within our Centre, we take care to eliminate eggs and nuts.

Children who are vegetarians or have any allergies or dietary requirements are provided a similar meal altered accordingly to meet the individual needs.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served with milk and water	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese
Morning Tea Served with milk and water	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter
Lunch Served with water (water is given to the children as part of our "Dental Policy") INFANTS LUNCH Children under 12 months are provided with the lunch meal in various textures and/or of puree fruit and vegetables. Vegetarian option	Lamb tagine & cous cous Lamb mince, garlic, onion, carrot, capsicum, paprika, vegetable stock, oil, chickpeas, cous cous, parsley <i>Chickpeas to replace lamb</i>	Pumpkin soup with crusty bread Pumpkin, leek, potato, vegetable stock, parsley	Chicken and vegetable noodles Chicken, capsicum, bean shoots, zucchini, carrot, rice noodles <i>Tofu to replace chicken</i>	Argentinian casserole Beef, white potato, sweet potato, onion, garlic, corn, dried apricot, beef stock, wholemeal rice, black bean <i>Black bean to replace beef</i>	Tuna with pasta Carrot, pumpkin, zucchini, parsley, corn, broccoli, olives, tuna, pasta <i>Black bean to replace tuna</i>
Afternoon Tea Served with milk and water INFANTS A/T Fruit and vegetable puree also provided Served with water	Strawberry and coconut slice Strawberries, oil, coconut, flour, brown sugar, egg replacement	Mixed berries with natural yoghurt	Sweet potato and pumpkin seed muffins Sweet potato, pumpkin seed, flour, brown sugar, egg replacement	Veggie sticks with tzatziki and wholemeal pita bread	Orange and poppy seed muffins Orange, poppy seed, flour, brown sugar, orange juice, oil, vanilla essence
Late Snack Served with water	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese

Week Four WINTER 2018

Please note that only Halal meats are used within our Centre, we take care to eliminate eggs and nuts.

Children who are vegetarians or have any allergies or dietary requirements are provided a similar meal altered accordingly to meet the individual needs.

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Served with milk and water	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese	Cornflakes, Weet-bix, served with milk. Toast with cheese
Morning Tea Served with milk and water	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter	Fresh seasonal fruit and vegetable platter
Lunch Served with water (water is given to the children as part of our "Dental Policy") INFANTS LUNCH Children under 12 months are provided with the lunch meal in various textures and/or of puree fruit and vegetables. Vegetarian option	Chicken spinach alfredo pasta Chicken strips, garlic, spinach, flour, penne pasta <i>Tofu to replace chicken</i>	Hungarian beef goulash Diced beef, tomato paste, paprika, onion, oil, stock, brown rice <i>Chickpeas to replace beef</i>	Fish with roasted potato and carrots Hake, potato, corn, onion, carrot, spinach, napoli sauce, parsley, lemon	Lentil and red kidney beans with brown rice Red kidney beans, lentils, garlic, cumin, garam masala, light coconut milk, onion, garlic, ginger	Moroccan lamb with cous cous Diced lamb, chickpeas, onions, ginger, lentils, turmeric, oil, cous cous, veg tock, water, garlic <i>Black bean to replace lamb</i>
Afternoon Tea Served with milk and water INFANTS A/T Fruit and vegetable puree also provided Served with water	Blueberry slice Blueberry, flour, oil, brown sugar, egg replacement	Cheese and tomato wraps Cheese, tomato, wholemeal pita bread	Sultana and banana loaf Sultana, banana, flour, oil, brown sugar, egg replacement	Spinach and Feta Muffin Spinach, flour, oil, cheese	Veggie sticks with hummus dip and wholemeal pita bread
Late Snack Served with water	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese	Crackers with cheese