

Week 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Choose from: weetbix , wholemeal toast served with milk / water				
MORNING TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Toast w/ spreads  <1yr: As above or Farex w/ pureed fruit	Seasonal Fruit Cheesy Vegemite scrolls  <1yr: As above or Farex w/ pureed fruit	Seasonal Fruit Homemade granola & Yoghurt  <1yr: As above or Farex w/ pureed fruit	Seasonal Fruit Weetbix Slice  <1yr: As above or Farex w/ pureed fruit	Seasonal Fruit Raisin toast  <1yr: As above or Farex w/ pureed fruit
LUNCH	Drink	Water	Water	Water	Water	Water
	Food (including recipe/ ingredient details)	Chilli con Carne & Rice 0-2yrs: Chilli con Carne & Rice – puree/mashed  (Main ingredients: beef mince, diced tomatoes, kidney beans, sweetcorn, capsicum and rice)	Butternut <b>Pumpkin Soup</b> w/ cheese sandwiches 0-2yrs: <i>Butternut pumpkin soup with cheese fingers</i>  (Main ingredients: butternut pumpkin, red lentils, potato, wholemeal bread, cheese)	Lamb and Spinach burgers w/ salad 0-2yrs: <i>Minced lamb &amp; spinach w/ mash potato</i>  (Main ingredients: lamb mince, spinach, burger buns, lettuce, tomato, cucumber, Italian dressing)	Mango Chicken Curry & Rice 0-2yrs: <i>Mango Chicken Curry &amp; Rice Puree</i>  (Main ingredients: chicken, mango, capsicum, sweetcorn, coconut milk & rice)	Beef spaghetti Bolognese w/ wholemeal bread 0-2yrs: <i>Beef spaghetti Bolognese puree</i>  (Main ingredients: beef mince, carrot, zucchini, eggplant, diced tomato & spaghetti )
		Vegetarian Variation: As above – no beef	Vegetarian Variation: As above	Vegetarian Variation: Veggie burger w/ salad	Vegetarian Variation: As above – no chicken	Vegetarian Variation: vegetarian mince spaghetti Bolognese w/ wholemeal bread
	Fruit Wedges	Fruit Wedges	Fruit Wedges	Fruit Wedges	Fruit Wedges	
AFTERNOON TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Corn thins w/ spreads  <1yr: <i>Cooked Oats and pureed fruit</i>	Seasonal Fruit Dried Apricots Lebanese bread wraps w/ cream cheese & lettuce  <1yr: <i>yoghurt &amp; pureed fruit</i>	Seasonal Fruit Selection of sandwiches: Ham & Cheese & Vegemite  <1yr: <i>toast fingers &amp; pureed fruit</i>	Seasonal Fruit Dried Dates Saos w/ cheese cubes  <1yr: <i>Cream cheese bread fingers and pureed fruit</i>	Seasonal Fruit Cheese & Carrot homemade scone  <1yr: <i>As above</i>
Late Snack		Choose from: carrot, cucumber sticks (steamed for <2 yrs) & rice crackers served w/ water				

Note: Birthday cakes will be served on Monday's and Friday's, & will be served with Afternoon Tea.

Week 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Choose from: farex, weetbix , wholemeal toast served with milk / water				
MORNING TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Season Fruit Toast w/ spreads  <1yr: As above or Farex w/ pureed fruit	Seasonal Fruit Coconut, oats & sultana bites  <1yr: As above or Farex w/ pureed fruit	Seasonal fruit Grilled cheese & vegemite on toast  <1yr: As above or Farex w/ pureed fruit	Seasonal fruit Homemade granola & yoghurt  <1yr: As above or Farex w/ pureed fruit	Seasonal fruit Raisin toast  <1yr: As above or Farex w/ pureed fruit
LUNCH	Drink	Water	Water	Water	Water	Water
	Food (including recipe/ ingredient details)	Lamb & sweet potato shepherd's pie w/ salad 0-2yrs: Lamb & sweet potato shepherd's pie puree  (Main ingredients: lamb mince, red lentils, sweet potato, peas, carrot and corn, cheese, lettuce, cucumber, tomato Italian dressing)	Lebanese chicken & Rice w/ salad 0-2yrs: Lebanese chicken & rice w/ veggies puree  (Main ingredients: chicken breast, onion, rice, tomato, lettuce, cucumber)	Beef stroganoff w/ mash potato & tomato wedges 0-2yrs: Beef stroganoff w/ mash potato pureed  (Main ingredients: beef mince, beef stroganoff sauce, potatoes, mushrooms, tomatoes)	Tuna & vegetables w/ macaroni pasta 0-2yrs: Tuna & vegetables w/ macaroni pasta puree  (Main ingredients: tuna, capsicum, sweetcorn, peas, macaroni pasta, cheese sauce)	Lamb, Veggies and Rice 0-2yrs: Lamb, Veggies and Rice Puree  (Main ingredients: Lamb, zucchini, sweet potato, peas, rice)
		Vegetarian Variation: as above – no lamb	Vegetarian Variation: Vegetarian Fried Rice	Vegetarian Variation: Vegetarian country pie w/ tomato wedges	Vegetarian Variation: As above	Vegetarian Variation: no lamb – as above
		Fruit Wedges	Fruit Wedges	Fruit Wedges	Fruit Wedges	Fruit Wedges
AFTERNOON TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Jatz, cheese cubes & cucumber slices  <1yr: As above or cooked Oats and pureed fruit	Seasonal Fruit Assorted sandwiches: ham & cheese & vegemite  <1yr: As above or yoghurt & pureed fruit	Seasonal fruit Pita bread, cream cheese & vegetable sticks  <1yr: As above or cream cheese bread fingers & pureed fruit	Seasonal fruit Dates Corn thins w/ spreads  <1yr: As above or cooked oats and pureed fruit	Seasonal fruit Lebanese bread w/ cheese & tomato  <1yr: As above or grilled cheese toast fingers & pureed fruit
Late Snack		Choose from: carrot, cucumber sticks (steamed for <2 yrs) & rice crackers served w/ water				

Note: Birthday cakes will be served on Monday's and Friday's, & will be served with Afternoon Tea.

Week 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Choose from: weetbix , wholemeal toast served with milk / water				
MORNING TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Raisin toast  <1yr: As above or Farex w/ pureed fruit	Seasonal Fruit Weetbix Slice  <1yr: As above or Farex w/ pureed fruit	Seasonal Fruit Homemade granola & Yoghurt  <1yr: As above or Farex w/ pureed fruit	Seasonal Fruit Cheesy Vegemite scrolls  <1yr: As above or Farex w/ pureed fruit	Seasonal Fruit Toast w/ spreads  <1yr: As above or Farex w/ pureed fruit
LUNCH	Drink	Water	Water	Water	Water	Water
	Food (including recipe/ ingredient details)	Beef spaghetti Bolognese w/ wholemeal bread <i>0-2yrs: Beef spaghetti Bolognese puree</i>  (Main ingredients: beef mince, carrot, zucchini, eggplant, diced tomato & spaghetti )	Mango Chicken Curry & Rice <i>0-2yrs: Mango Chicken Curry &amp; Rice Puree</i>  (Main ingredients: chicken, mango, capsicum, sweetcorn, coconut milk & rice)	Lamb and Spinach burgers w/ salad <i>0-2yrs: Minced lamb &amp; spinach w/ mash potato</i>  (Main ingredients: lamb mince, spinach, burger buns, lettuce, tomato, cucumber, Italian dressing)	Butternut <b>Pumpkin Soup</b> w/ cheese sandwiches <i>0-2yrs: Butternut pumpkin soup with cheese fingers</i>  (Main ingredients: butternut pumpkin, red lentils, potato, wholemeal bread, cheese)	Chilli con Carne & Rice <i>0-2yrs: Chilli con Carne &amp; Rice – puree/mashed</i>  (Main ingredients: beef mince, diced tomatoes, kidney beans, sweetcorn, capsicum and rice)
		Vegetarian Variation: vegetarian mince spaghetti Bolognese w/ wholemeal bread	Vegetarian Variation: As above – no chicken	Vegetarian Variation: Veggie burger w/ salad	Vegetarian Variation: As above	Vegetarian Variation: As above – no beef
		Fruit Wedges	Fruit Wedges	Fruit Wedges	Fruit Wedges	Fruit Wedges
AFTERNOON TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal Fruit Cheese & Carrot homemade scone  <1yr: As above	Seasonal Fruit Dried Dates Saos w/ cheese cubes  <1yr: Cream cheese bread fingers and pureed fruit	Seasonal Fruit Selection of sandwiches: Ham & Cheese, & Vegemite  <1yr: toast fingers & pureed fruit	Seasonal Fruit Dried Apricots Lebanese bread wraps w/ cream cheese & lettuce  <1yr: yoghurt & pureed fruit	Seasonal Fruit Corn thins w/ spreads  <1yr: Cooked Oats and pureed fruit
Late Snack		Choose from: carrot, cucumber sticks (steamed for <2 yrs) & rice crackers served w/ water				

Note: Birthday cakes will be served on Monday's and Friday's, & will be served with Afternoon Tea.

Week 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast		Choose from: weetbix , wholemeal toast served with milk / water				
MORNING TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal fruit Raisin toast  <1yr: As above or Farex w/ pureed fruit	Seasonal fruit Homemade granola & yoghurt  <1yr: As above or Farex w/ pureed fruit	Seasonal fruit Grilled cheese & vegemite on toast  <1yr: As above or Farex w/ pureed fruit	Seasonal Fruit Coconut, oats & sultana bites  <1yr: As above or Farex w/ pureed fruit	Season Fruit Toast w/ spreads  <1yr: As above or Farex w/ pureed fruit
LUNCH	Drink	Water	Water	Water	Water	Water
	Food (including recipe/ ingredient details)	Lamb, Veggies and Rice <i>0-2yrs: Lamb, Veggies and Rice Puree</i>  (Main ingredients: Lamb, zucchini, sweet potato, peas, rice)	Tuna & vegetables w/ macaroni pasta <i>0-2yrs: Tuna &amp; vegetables w/ macaroni pasta puree</i>  (Main ingredients: tuna, capsicum, sweetcorn, peas, macaroni pasta, cheese sauce)	<b>Beef stroganoff</b> w/ mash potato & tomato wedges <i>0-2yrs: Beef stroganoff w/ mash potato pureed</i>  (Main ingredients: beef mince, beef stroganoff sauce, potatoes, mushrooms, tomatoes)	Lebanese chicken & Rice w/ salad <i>0-2yrs: Lebanese chicken &amp; rice w/ veggies puree</i>  (Main ingredients: chicken breast, onion, rice, tomato, lettuce, cucumber)	Lamb & sweet potato shepherd's pie w/ salad <i>0-2yrs: Lamb &amp; sweet potato shepherd's pie puree</i>  (Main ingredients: lamb mince, red lentils, sweet potato, peas, carrot and corn, cheese, lettuce, cucumber, tomato, Italian dressing)
	Vegetarian Variation: no lamb – as above	Vegetarian Variation: As above	Vegetarian Variation: Vegetarian country pie w/ tomato wedges	Vegetarian Variation: Vegetarian Fried Rice	Vegetarian Variation: as above – no lamb	
Fruit Wedges	Fruit Wedges	Fruit Wedges	Fruit Wedges	Fruit Wedges	Fruit Wedges	
AFTERNOON TEA	Drink	Milk/Water	Milk/Water	Milk/Water	Milk/Water	Milk/Water
	Food	Seasonal fruit Lebanese bread w/ cheese & tomato  <1yr: As above or grilled cheese toast fingers & pureed fruit	Seasonal fruit Dates Corn thins w/ spreads  <1yr: As above or cooked oats and pureed fruit	Seasonal fruit Pita bread, cream cheese & vegetable sticks  <1yr: As above or cream cheese bread fingers & pureed fruit	Seasonal Fruit Assorted sandwiches: ham & cheese & vegemite  <1yr: As above or yoghurt & pureed fruit	Seasonal Fruit Oat cakes, cheese cubes & cucumber slices  <1yr: As above or cooked Oats and pureed fruit
Late Snack		Choose from: carrot, cucumber sticks (steamed for <2 yrs) & rice crackers served w/ water				

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**Family Input:**

**Joseph's family: Beef stroganoff**

**Charlotte's family: Pumpkin  
Soup & Baboussa**

**Yolanda's family: Tuna  
Sandwich**