

Spring/Summer Menu

Week One

Monday

Tuesday

Wednesday

Thursday

Friday

Indian Chicken
Rogan Josh with
Brown Rice

Salmon, Broccoli
& Mashed Potato
Pie

Wholemeal Mixed
Sandwiches
Tuna, Ham, Chicken, Egg,
salads & Spreads)

Cypriot Beef Pasta
Bake

Honey Soy Chicken
Stir Fry with
vegetables & Thin
Hokkien Noodles



Afternoon Tea
Beetroot Hummus served
with Veggie Dippers &
Crackers (Yoghurt for
Nursery)

Afternoon Tea
Vegemite Crumpets
served with Cheese
& Apple Slices

Afternoon Tea
Creamy Yoghurt with
Granola & Apple
Berry Compote

Afternoon Tea
Wholemeal Banana bread
served with Milk

Afternoon Tea
Weetbix Date balls
served fresh fruit
slices & Milk



Breakfast is served from 6:30 AM to 8:00 AM and includes Weet-Bix, rice puffs, milk, and wholemeal toast, with the choice of cream cheese or Vegemite

Morning Tea is available from 9:00 AM for all rooms. We serve fresh seasonal fruit and milk daily.

Late Snack is available from 5:00 PM onwards for children. It includes leftover afternoon tea, along with fresh fruit and crackers.

We provide age-appropriate meals for our **infants**, including items from the daily menu that are prepared to suit your child's current feeding stage. Educators will not introduce new foods to your child. Instead, a food introduction list will be sent home for you to complete and update.

Water is available to all children throughout the day. We encourage each child to bring a labelled drink bottle, and we also provide jugs of fresh water in each room.

Children with **allergies, intolerances, or specific dietary requirements** are provided with a tailored version of the regular menu. For example, a vegetarian meal will reflect the daily menu but without meat or meat products, ensuring all children can enjoy similar meals safely.

Throughout the day, a **variety of alternative food** options are available for children. If a child chooses not to eat the meal offered, they may be provided with a suitable alternative, such as a piece of fresh fruit or a freshly made sandwich.

Birthdays are a fun and exciting time for your child! If you would like them to celebrate with us, please complete a birthday request form at least two weeks in advance to arrange a cupcake celebration.

Spring/ Summer Menu

Week Two

Monday

Sticky Teriyaki
Beef with Fluffy
Rice



Afternoon Tea
Wholemeal Blueberry
& lemon Muffins
served with Milk

Tuesday

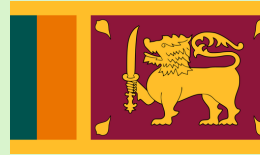
Hidden Vegetable
Baked
Mac & Cheese



Afternoon Tea
Rice Cakes with Tuna,
tomato, cucumber &
Cream Cheese

Wednesday

Sri Lankan
Chicken Curry
with Coconut Rice



Afternoon Tea
Zucchini & Chocolate
Brownie served with
Milk

Thursday

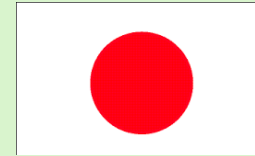
Beef & Creamy
Mushroom
Stroganoff with
Pasta



Afternoon Tea
Wholemeal Apple &
Cinnamon Pikelets

Friday

Crispy Style Fish
Fingers with
Brown Veggie
Rice



Afternoon Tea
Vanilla Yoghurt
Sundaes



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Week Three

Monday

Tuesday

Wednesday

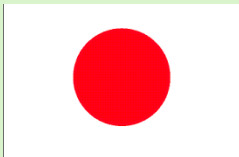
Thursday

Friday

Beef & Vegetable
Bolognese
Lasagne



Crumbed Chicken
Tangy Sauce,
Steamed
Vegetables & Rice



Italian Pork Mince
& Vegetable Pasta
Bake



"Aloo Keem"
Potato, Beef Curry
with Rice



Zucchini & Bacon
Slice with
Steamed
Vegetables &
Wholemeal toast



Afternoon Tea
Oat and Banana
Cookies with Milk

Afternoon Tea
Yoghurt with Stewed
Fruits

Afternoon Tea
Zippy Hummus Served
with Veggie Stick,
cheese slices &
Crackers
(Yoghurt for nursery)

Afternoon Tea
Wholemeal Carrot Muffins
& Fresh Fruit

Afternoon Tea
Rice Cakes with
Creamy Avocado Dip
served with Fresh
Fruit Slices



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Week Four

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Mighty Chicken
Biryani



Afternoon Tea
Fruit Smoothies &
Crackers

Tuesday

Mexican Beef
Bowls
With Rice & Pita
Triangles



Afternoon Tea
Berry Carrot Loaf
served with Milk

Wednesday

Mauritian Fish &
Vegetable Curry
with Brown Rice



Afternoon Tea
Oat & Sultana Slice
with Milk

Thursday

Wholemeal Mixed
Wraps with Tuna,
Ham, Chicken, Egg,
Salads & spreads



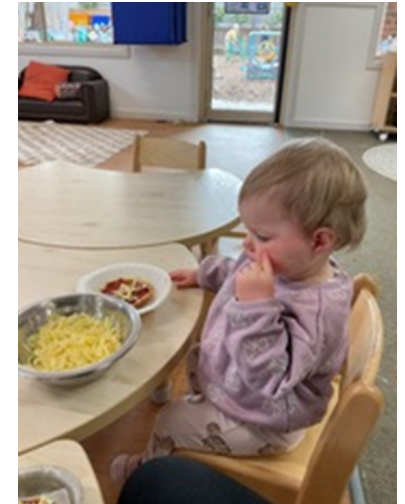
Afternoon Tea
Strawberry & Apple Bliss
yoghurt Bowl with Museli

Friday

Spinach & Ricotta
Bow pasta with
Hidden Veggies



Afternoon Tea
Tasty Cheese &
Baby spinach Muffins
served with milk



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