

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of Iron rich Cereal	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Morning Tea	Lebanese Bread and cheese served with Baby Beetroot and Watermelon	Wholemeal Tiger Toasts (Vegemite & Cheese), Carrot sticks and Orange	Wholemeal Crumpet served with Capsicum sticks and Peach	Raisin Toast served with Celery sticks and Banana	English Muffin served with Green Bean sticks and Rockmelon
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Lunch	Thai Fish and Tofu Curry with Brown/White Rice <u>Vegetables</u> : Green Bean, Pumpkin, Broccoli, Zucchini	Beef Ragu with Brown/White Rice <u>Vegetables</u> : Tomato, Green Bean, Carrot, Zucchini	Honey Soy Chicken Stir-fry Noodle <u>Vegetables</u> : Carrot, Zucchini, Green Bean, Broccoli	Terriyaki Beef with Brown/White Rice <u>Vegetables</u> : Carrot, Broccoli, Green Bean, Cauliflower	Lamb Meatball with Wholemeal/White Pasta <u>Vegetables</u> : Tomato, Carrot, Zucchini, Corn, Green Bean
	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>
Afternoon Tea	Cracker with French Onion Dip , Carrot sticks, and Mixed Dried Fruits	Wholemeal Orange loaf with Cucumber sticks	Wholemeal Crispbread , with Cheese , Cucumber sticks, and Rockmelon	Vanilla Yoghurt served with Rolled Oats and Mixed Fruits	Spinach and Cheese Filo scrolls with Pitted Prune
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Late snack	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter
Meat and Vegetable Servings	3 kgs fish + 1.8kgs tofu 7.5 kgs vegetables 7.5 kgs fruit	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	3.75 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of Iron rich Cereal	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Morning Tea	Pita Bread and Cheese spreads served with Green Bean sticks and Rockmelon	Wholemeal Lebanese Bread and cheese served with Baby Beetroot and Watermelon	Wholemeal Sandwich and Cheese served with Carrot sticks and Orange	Wholemeal Crumpet served with Capsicum sticks and Peach	High Fibre Raisin Toast served with Celery sticks and Banana
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Lunch	Mongolian Lamb with Brown/White Rice <u>Vegetables</u> : Carrot, Zucchini, Broccoli, Green Bean	Chicken Curry with Brown/White Rice <u>Vegetables</u> : Pumpkin, Green Bean, Carrot, Zucchini	Beef Stroganoff with Brown/White Rice <u>Vegetables</u> : Onion, Mushroom, Zucchini, Green Bean	Tuna Poke Bowl with Brown/White Rice <u>Vegetables</u> : Corn, Cucumber, Tomato, Avocado	Beef Shepherd's Pie with Mashed potato <u>Vegetables</u> : Tomato, Carrot, Zucchini, Corn, Green Bean
	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>
Afternoon Tea	Apple Pikelets with Carrot sticks and Sultana	Brown Rice Corncake, Cheese, Carrot sticks, and Mixed Dried Fruits	Blueberry Banana Bread with Cucumber sticks	Wholemeal Crispbread, with Cheese, Carrot sticks, Orange	Vanilla Yoghurt with Wholemeal Rice Crackers and Mixed Berries
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Late snack	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Meat and Vegetable Servings	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	3.75 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	4.25 kgs Tuna 7.5 kgs vegetables 7.5 kgs fruit	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of Iron rich Cereal	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Morning Tea	Raisin Toast served with Celery sticks and Banana	English Muffin served with Green Bean sticks and Rockmelon	Lebanese Bread and cheese served with Baby Beetroot and Watermelon	Wholemeal Tiger Toasts (Vegemite & Cheese), Carrot sticks and Orange	Wholemeal Crumpet served with Capsicum sticks and Peach
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Lunch	Beef Bolognase with Spaghetti Pasta <u>Vegetables</u> : Tomato, Carrot, Zucchini, Corn , Green Bean	Beef Taco Bowl with Brown/White Rice <u>Vegetables</u> : Onion, Cannellini Bean, Corn, Tomato, Avocado	Chicken Biryani with Brown/White Rice <u>Vegetables</u> : Carrot, Green Bean, Corn, Sultana	Beef Meatball with Wholemeal/White Pasta <u>Vegetables</u> : Tomato, Carrot, Zucchini, Corn , Green Bean	Fish & Tofu Miso Ramen <u>Vegetables</u> : Onion, Carrot, Celery, Cabbage, Corn, Spring Onion
	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>
Afternoon Tea	Vanilla Yoghurt served with Rolled Oats and Mixed Fruits	Spinach and Cheese Filo scrolls with Pitted Prune	Wholemeal Crispbread, with Cheese , Cucumber sticks, Orange	Wholemeal Carrot Loaf with Cream Cheese topping and Banana	Cracker with Hummus Dip , Carrot sticks, Mixed Dried Fruits
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Late snack	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter
Meat and Vegetable Servings	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	3.75 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	3 kgs fish + 1.8kgs tofu 7.5 kgs vegetables 7.5 kgs fruit

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Variety of Iron rich Cereal	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals	Variety of Iron Rich Cereals
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Morning Tea	Wholemeal Crumpet served with Capsicum sticks and Peach	High Fibre Raisin Toast served with Celery sticks and Banana	Pita Bread and Cheese spreads served with Green Bean sticks and Rockmelon	Lebanese Bread and cheese served with Baby Beetroot and Watermelon	Wholemeal Sandwich and Cheese served with Carrot sticks and Orange
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Lunch	Tomato Chicken Cracked Wheat <u>Vegetables</u> : Tomato, Corn, Carrot, Zucchini, Green Bean	Beef Minestrone Soup with Macaroni Pasta <u>Vegetables</u> : Potato, Carrot, Green Bean, Corn, Tomato	Tuna Mornay with Wholemeal/White Pasta <u>Vegetables</u> : Corn, Carrot, Green Bean, Zucchini	Lamb Curry with Brown/White Rice <u>Vegetables</u> : Pumpkin, Carrot, Green Bean, Broccoli	Beef/Lamb Lasagna w/ Béchamel & Cheese <u>Vegetables</u> : Tomato, Carrot, Zucchini, Corn, Green Bean
	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>	<u>Apple/Pear and Water</u>
Afternoon Tea	Wholemeal Crispbread, with Cheese, Cucumber sticks, Orange	Vanilla Yoghurt with Wholemeal Rice Crackers and Mixed Berries	Brown Rice Corncake, Cheese, Carrot sticks, and Mixed Dried Fruits	Blueberry Pikelets With Carrot sticks and Pitted Prune	Wholemeal Apple Crumble Muffins with Cucumber sticks
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Late snack	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter	Crackers and seasonal fruits/veggie platter
	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>	<u>Milk/Water</u>
Meat and Vegetable Servings	3.75 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	4.25 kgs Tuna 7.5 kgs vegetables 7.5 kgs fruit	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit	3.5 kgs meat 7.5 kgs vegetables 7.5 kgs fruit

- Breastmilk/infant formula – continue until at least 12 months of age. Breastmilk can continue into the second year if the family choose to do so. Children not receiving breastmilk can change from infant formula to full cream cow's milk at 12 months of age.
- Water is offered all day. Milk and water is served with morning tea and afternoon tea (Full fat milk is served to children under 2 years and low-fat milk is served to children over 2 years)
 - Vegetarian options are available on request
 - Allergen free products also available / baby food adequately prepared for babies
 - Alternate meals available for special dietary and allergy requirements.
 - Vegetables and fruits change according to season and availability.
 - Puree options available for under 2's, Carrot sticks softened for under 2's
 - All soy sauce, vegetable stock are salt reduced
 - Canola/ Sunflower oil will be used when needed

Recommended serving size:

Lean red meat (raw and boneless): 70g

Poultry (raw and boneless): 75g

Fish: Raw 85g ; Cooked/canned 75g

Legumes: Dry 55g ; Cooked/canned, drained weight 115g

Tofu: 130g

Vegetables (fresh/frozen, cooked/canned drained, salad): 75g

Fruit (fresh/frozen, cooked/canned drained): 150g ; Dried fruit: 30g