

Weekly Menu



Monday

Tuesday

Wednesday

Thursday

Friday

Menu & Recipe Notes

Breakfast

A selection of cereals, wholemeal toast, milk & yoghurt will be available for children's breakfast.

Morning Tea

Serve with
Milk or water

Very Berry
Smoothie

Blueberry Bircher
Muesli served with
Fruit

A Festival of Fruit,
Veggies, Cheese &
Crackers

Raisin Toast with
Ricotta & Banana
served with Fruit

Golden Fruits with
extra CRUNCH!
Granola

Lunch

Serve with
Milk or water

Tuna Pasta Bake

Crispy Fish
Fingers with
Veggie Rice

Superhero Beef
Casserole with
Pasta Twirls

Beef Burrito Bowl
– Build Your Own

Garlic Chicken
& Veggie Stir-Fry
with Rice

**Vegetarian
alternative**

Nonna's
Traditional
Lentil Bolognese

Homestyle Baked
Beans

Superhero Bean
Casserole with
Pasta Twirls

Bean Burrito Bowl
– Build Your Own

Garlic Tofu &
Veggie Stir-Fry

Afternoon Tea

Serve with
Milk or water

Banana &
Blueberry Muffins
served with
Fruit & Veggies

Zippy Hummus
served with
Crackers & Veggie
Dippers

Strawberry Loaf
with Fresh Fruit

Crunchy Rice
Cakes with
Cheese & Red-Ripe
Tomatoes served
with Veggie Sticks

Cheesy Sweet
Potato Dip with
Crunchy Carrot
Dippers served
with Fruit

Late snack

A variety of snack food options from the five food groups, such as fruit, veggies, cheese and crackers, served with water.

Drinks

Water should be freely available throughout the day. Milk is offered at breakfast, only.

For infants

It is recommended that children under 12 months are only offered foods that have been trialled at home. Food should be modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).

Dietary needs

Children with medical, religious, or cultural dietary requirements should be provided with a tailored version of this menu to meet their individual needs.

Weekly Menu 1



Monday

Tuesday

Wednesday

Thursday

Friday

Menu & Recipe Notes

Breakfast

A selection of cereals, wholemeal toast, milk & yoghurt will be available for children's breakfast.

Morning Tea
Serve with water

Fresh fruit & yoghurt
A selection from all seasonal fruit with vanilla bean Greek yoghurt

Cheesy mite scrolls
Shredded cheese, vegemite, puff pastry (flour, nuttelex, water, salt)

Fresh fruit & yoghurt
A selection from all seasonal fruit with vanilla bean Greek yoghurt

Raisin bread
(flour, water, raisins, brown sugar, yeast, cinnamon, sugar, soybean oil, caramel colour, salt and nuttelex)

Fresh fruit & yoghurt
A selection from all seasonal fruit with vanilla bean Greek yoghurt

Lunch
Serve with water

Deconstructed fish tacos
Fish fingers, tortillas, lettuce, tomato, cucumber, cheese

Spaghetti bolognese
Ingredients: spaghetti, beef mince, onion, carrot, garlic, zucchini, crushed tomato, tomato passata, vegetable stock & mixed herbs, pasta

Butter chicken and rice
Chicken, passata, coconut cream, onion, carrot, zucchini, broccoli, garlic, cumin, cardamom, garam masala, rice

Tofu Fried rice
Brown rice, onion, peas, corn, zucchini, carrot, broccoli, soy sauce

Chicken & chickpea curry with naan bread
Onion, chicken breast, spices, tomato paste, crushed tomatoes, chick peas, coconut milk, naan bread

Afternoon Tea
Serve with water

Rice cakes & creamed cheese
Cheese cubes, carrot sticks & Crackers

Fresh fruit & yoghurt
A selection from all seasonal fruit with vanilla bean Greek yoghurt

Selection of sandwiches
Cheese, vegemite, nuttelex, wholemeal bread

Fresh fruit & yoghurt
A selection from all seasonal fruit with vanilla bean Greek yoghurt

Pizza scrolls
Tomato puree, cheese, puff pastry, crushed pineapple & ham

Late snack A selection from fruit, rice crackers, vegetable sticks & cheese cubes

Late snack

A variety of snack food options from the five food groups, such as fruit, veggies, cheese and crackers, served with water.

Drinks

Water should be freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

For infants

It is recommended that children under 12 months are only offered foods that have been trialled at home. Food should be modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).

Dietary needs

Children with medical, religious, or cultural dietary requirements should be provided with a tailored version of this menu to meet their individual needs.

Weekly Menu 4



Monday

Tuesday

Wednesday

Thursday

Friday

Menu & Recipe Notes

Breakfast

A selection of cereals, wholemeal toast milk & yoghurt will be available for children's breakfast.

Morning Tea

Serve with
Milk or water

Fresh fruit & yoghurt

A selection from all
seasonal fruit with
vanilla bean Greek
yoghurt

Raisin bread

(flour, water, raisins,
brown sugar, yeast,
cinnamon, sugar,
soybean oil, caramel
colour, salt and
nuttelex

Fresh fruit & yoghurt

A selection from all
seasonal fruit with
vanilla bean Greek
yoghurt

Very Berry Smoothie

Mixed berries vanilla
bean Greek yoghurt
full cream milk

Fresh fruit & yoghurt

A selection from all
seasonal fruit with
vanilla bean Greek
yoghurt

Lunch

Serve with
Milk or water

Salmon & Broccoli
Pasta

Onion, garlic, nuttelex,
coconut milk, flour,
salmon, broccoli,
spinach

Build your own burrito
bowls

Beef mince, onion,
garlic, beef stock, corn,
black beans, lettuce,
tomato, salsa, cheese,
lime, coriander, rice

Chicken stroganoff &
rice

Diced chicken, onion,
garlic, carrot, zucchini,
rich gravy, coconut
milk, rice

Veggie chow mien

Chow mien noodle,
carrot, spring onion,
wombok cabbage,
bean sprouts,
mushrooms,
zucchini, peas, corn,
hoisin sauce, soy
sauce

Mini pizzas

Muffins, ham, cheese,
pineapple, tomato paste

Afternoon Tea

Serve with
Milk or water

Banana and Zucchini
Bread

Banana, zucchini, flour,
nuttelex, vanilla,
coconut milk, chia
seeds, maple syrup

Fresh fruit & yoghurt

A selection from all
seasonal fruit with
vanilla bean Greek
yoghurt

Maple and pumpkin
loaf

Flour, cinnamon, ginger
powder, maple syrup,
nuttelex, chia seeds,
vanilla, mashed
pumpkin

Fresh fruit & yoghurt

A selection from all
seasonal fruit with
vanilla bean Greek
yoghurt

Avocado dip

with crackers orange
slices & veggie sticks
avocado, carrot,
cucumber, celery,
capsicum, biscuits &
cheese cubes

Late snack A selection from fruit, rice crackers, vegetable sticks & cheese cubes



Woolworths
at Work

Menu Plan
& Order

Late snack

A variety of snack food options from
the five food groups, such as fruit,
veggies, cheese and crackers,
served with water.

Drinks

Water should be freely available
throughout the day. Milk is offered at
breakfast, morning and afternoon
tea.

For infants

It is recommended that children
under 12 months are only offered
foods that have been trialled at
home. Food should be modified to a
suitable texture for infants' age (e.g.
mashed, lumpy, chopped, finger
foods).

Dietary needs

Children with medical, religious, or
cultural dietary requirements should
be provided with a tailored version of
this menu to meet their individual
needs.

Lamberts Fresh
Produce

Weekly Menu 2



Monday

Tuesday

Wednesday

Thursday

Friday

Menu & Recipe Notes

Breakfast

A selection of cereals, wholemeal toast milk & yoghurt will be available for children's breakfast.

Morning Tea

Serve with water

Fresh fruit & yoghurt

A selection from all seasonal fruit with vanilla bean Greek yoghurt

Raisin bread

flour, water, raisins, brown sugar, yeast, cinnamon, soybean oil, caramel colour, salt and nuttelex

Fresh fruit & yoghurt

A selection from all seasonal fruit with vanilla bean Greek yoghurt

Baked beans on toast

Toasted wholemeal bread, baked beans

Fresh fruit & yoghurt

A selection from all seasonal fruit with vanilla bean Greek yoghurt

Lunch

Serve with water

Chicken & corn soup with croutons

Carrot, zucchini, onion, garlic, chicken stock, creamed corn wholemeal bread

Curried sausages & rice

Beef sausages, curry powder, onion, garlic, vegetable stock, carrot, zucchini, potato, tomato paste, peas, corn, coconut milk, rice

Veggie chow mien

Chow mien noodle, carrot, spring onion, wombok cabbage, bean sprouts, mushrooms, zucchini, peas, corn, hoisin sauce, soy sauce

Chicken Spaghetti

Chicken, onion, tomato passata, garlic, ginger, carrot, zucchini, mushrooms, brown lentils & fusilli pasta

Sandwich day

Wholemeal bread nuttelex, roast chicken, roast beef, ham, cheese, lettuce, tomato, cucumber, carrot

Afternoon Tea

Serve with water

Fudgy Choc Avocado Mini Muffin

Avocado, cocoa, flour, vanilla, chia, maple syrup, nuttelex, coconut milk

Fresh fruit & yoghurt

A selection from all seasonal fruit with vanilla bean Greek yoghurt

Zippy Hummus

Chickpeas, tahini, cumin, veggie sticks, cheese & crackers

Fresh fruit & yoghurt

A selection from all seasonal fruit with vanilla bean Greek yoghurt

Apple blueberry & coconut slice

Apple, blueberries, coconut, maple syrup, nuttelex, chia seeds, vanilla, flour, coconut milk

Late snack A selection from fruit, rice crackers, vegetable sticks & cheese cubes

Late snack

A variety of snack food options from the five food groups, such as fruit, veggies, cheese and crackers, served with water.

Drinks

Water should be freely available throughout the day. Milk is offered at breakfast only

For infants

It is recommended that children under 12 months are only offered foods that have been trialled at home. Food should be modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).

Dietary needs

Children with medical, religious, or cultural dietary requirements will be provided with a tailored version of this menu to meet their individual needs.

Weekly Menu 3



Monday

Tuesday

Wednesday

Thursday

Friday

Menu & Recipe Notes

Breakfast

A selection of cereals, wholemeal toast, milk & yoghurt will be available for children's breakfast.

Morning Tea
Serve with water

Fresh fruit & yoghurt
A selection from all seasonal fruit with vanilla bean Greek yoghurt

Baked beans on toast
Toasted wholemeal bread, baked beans

Fresh fruit & yoghurt
A selection from all seasonal fruit with vanilla bean Greek yoghurt

Savoury Muffins
Carrot, zucchini, corn, cheese, flour, rice milk, butter, chia seeds

Fresh fruit & yoghurt
A selection from all seasonal fruit with vanilla bean Greek yoghurt

Lunch
Serve with water

Vegetarian Mac and cheese
Macaroni, coconut cream, pumpkin, cannellini beans, onion, garlic, cauliflower, vegetable stock & cheese

Creamy chicken, broccoli and corn pasta
Chicken, corn, broccoli, spinach, chicken stock, grated cheese, coconut cream, pasta

Fish fingers mash potato, peas & carrots
Fish fingers, mashed potato, nuttelex, coconut milk, peas, carrots

Sandwich day
Wholemeal bread, nuttelex, roast chicken, roast beef, ham, cheese, lettuce, tomato, cucumber, carrot

Rissoles with mash and vegetables
Rissoles (beef mince, onion, garlic, grated carrot, zucchini, seasoning) mashed potato, nuttelex, coconut milk, peas, carrots, corn, beans

Afternoon Tea
Serve with water

Orange & poppy seed muffins
Whole oranges blitzed, maple syrup, chia seeds, nuttelex, vanilla, poppy seeds, flour, coconut cream

Fresh fruit & yoghurt
A selection from all seasonal fruit with vanilla bean Greek yoghurt

Raisin bread
Raisin bread (flour, water, raisins, brown sugar, yeast, cinnamon, sugar, soybean oil, caramel colour, salt and nuttelex)

Fresh fruit & yoghurt
A selection from all seasonal fruit with vanilla bean Greek yoghurt

Mixed berry and chia muffins
Self raising flour, nuttelex, chia seeds, coconut milk, mixed berries, maple syrup

Late snack A selection from fruit, rice crackers, vegetable sticks & cheese cubes

Late snack

A variety of snack food options from the five food groups, such as fruit, veggies, cheese and crackers, served with water.

Drinks

Water should be freely available throughout the day. Milk is offered at breakfast only

For infants

It is recommended that children under 12 months are only offered foods that have been trialled at home. Food should be modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).

Dietary needs

Children with medical, religious, or cultural dietary requirements will be provided with a tailored version of this menu to meet their individual needs.