

Weekly Menu Sample

Education and care services are legally obliged to have a healthy eating/nutrition policy in place which must meet the requirements of the National Quality Framework.
We can provide the full menu upon request.

In case your child has any dietary or medical requirements, we are happy to accommodate them.

Menu Week 1

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix
	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter
	Fruit Toast	Fruit Toast	Fruit Toast	Fruit Toast	Fruit Toast
Morning Tea	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Assorted Yoghurt
Lunch <small>Infants will be offered the same as older children when developmentally appropriate or at the parents' request.</small>	Hidden Veg Mac and Cheese	Butter Chicken	Pad Thai Noodles	Beef Bolognese	Sausage Rolls
	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables
Afternoon Tea	Please check with Staff	Please check with Staff	Please check with Staff	Please check with Staff	Please check with Staff

Menu Week 3

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix
	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter
	Fruit Toast	Fruit Toast	Fruit Toast	Fruit Toast	Fruit Toast
Morning Tea	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Assorted Yoghurt
Lunch <small>Infants will be offered the same as older children when developmentally appropriate or at the parents' request.</small>	Special Fried Rice	Chicken Chow Mein Noodles	Rigatoni	Chicken Korma with Rice	Mexican Lasagne
	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables
Afternoon Tea	Please check with Staff	Please check with Staff	Please check with Staff	Please check with Staff	Please check with Staff

Menu Week 2

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix
	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter
	Fruit Toast	Fruit Toast	Fruit Toast	Fruit Toast	Fruit Toast
Morning Tea	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Assorted Yoghurt
Lunch <small>Infants will be offered the same as older children when developmentally appropriate or at the parents' request.</small>	Baked Ziti	Basil Chicken Stir Fry	No Chilli Con Carne	Chicken, Basil, and Spinach Risotto	Creamy Chicken and Veg Pasta
	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables
Afternoon Tea	Please check with Staff	Please check with Staff	Please check with Staff	Please check with Staff	Please check with Staff

Menu Week 4

Meal	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix	Cereals with Milk, Rice Bubbles/Weetbix
	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter	Toast: Vegemite Jam Butter
	Fruit Toast	Fruit Toast	Fruit Toast	Fruit Toast	Fruit Toast
Morning Tea	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Fresh Fruit Platter	Assorted Yoghurt
Lunch <small>Infants will be offered the same as older children when developmentally appropriate or at the parents' request.</small>	Summer Veg Pasta	Tandoori Chicken with Pilaf	Pizza Margherita	Thai Chicken Curry	Sticky BBQ Chicken and Cheese Sliders
	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables	Babies: Pureed Seasonal Vegetables
Afternoon Tea	Please check with Staff	Please check with Staff	Please check with Staff	Please check with Staff	Please check with Staff