

**Centre Menu: Week 1**

**Allergies:** Gluten free, dairy free versions prepared for every offering. Children with allergies and intolerances are provided a tailored version of the regular menu to suit their individual needs.

**Drinks:** All meals are served with water to drink.

**Infants**: (eating solids) A variety of healthy food is prepared fresh and offered throughout the day, including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains and milk products. Foods are prepared to an appropriate texture for infants age (e.g. mashed, lumpy, chopped, finger foods)

**Monday**

**Morning Tea**: Toast with a selection of spreads and fresh seasonal sliced fruit

**Lunch:** Macaroni cheese & legumes served with mixed seasonal vegetables

**Afternoon Tea:** Freshly baked chocolate chip muffins

**Tuesday**

**Morning Tea**: Freshly baked pumpkin bread served yogurt and fresh seasonal sliced fruit

**Lunch:** Korean chicken curry served on rice with a fresh salad, bread and butter

**Afternoon Tea:** Freshly baked cheese scones

**Wednesday**

**Morning Tea**: Warm porridge served with yogurt and fresh seasonal sliced fruit

**Lunch:** Layered lasagna of mixed vegetable & lentils cooked in a tomato-based pasta sauce and cheese

**Afternoon Tea:** Freshly baked pineapple slice

**Thursday**

**Morning Tea**: Freshly baked banana bread served with yogurt and fresh seasonal sliced fruit

**Lunch:** Beef & lentil or vegan sliders served with a choice of fresh mixed salad

**Afternoon Tea:** Homemade Anzac biscuits

**Friday**

**Morning Tea**: Warm porridge served with yogurt and fresh seasonal sliced fruit

**Lunch:** Cheesy bean nachos and sour cream served with soft tortillas

**Afternoon Tea:** Freshly baked banana muffins



**Centre Menu: Week 2**

**Allergies:** Gluten free, dairy free versions prepared for every offering. Children with allergies and intolerances are provided a tailored version of the regular menu to suit their individual needs

**Drinks:** All meals are served with water to drink.

**Infants**: (eating solids) A variety of healthy food is prepared fresh and offered throughout the day, including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains and milk products. Foods are prepared to an appropriate texture for infants age (e.g. mashed, lumpy, chopped, finger foods)

**Monday**

**Morning Tea**: Toast with a selection of spreads served with fresh seasonal sliced fruit.

**Lunch:** Tuna pasta bake, served with mixed winter vegetables

**Afternoon Tea:** Freshly baked coconut and vanilla slice

**Tuesday**

**Morning Tea**: Freshly baked pumpkin bread served with fresh seasonal sliced fruit.

**Lunch:** Korean vegetable rice balls served with a fresh seasonal mixed salad

**Afternoon Tea:** Homemade hummus served with julienne cucumber and crackers.

**Wednesday**

**Morning Tea**: Warm porridge served with yogurt and fresh seasonal sliced fruit.

**Lunch:** Winter vegetable and mixed beans and tomato-based pasta bake

**Afternoon Tea:** Freshly bakedvegemite and cheese scrolls

**Thursday**

**Morning Tea**: Freshly baked banana loaf served with yogurt and fresh seasonal sliced fruit.

**Lunch:** Margarita Pizza served with a fresh seasonal mixed salad

**Afternoon Tea:** Freshly baked cheese scones

**Friday**

**Morning Tea**: Muesli Bar served with yogurt and fresh seasonal sliced fruit

**Lunch:** Curried pumpkin & coconut soup served with croutons and a mixed seasonal salad

**Afternoon Tea:** Freshly baked savoury muffins