



magic garden

early education

SUMMER MENU

FOUR WEEK ROTATION - WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Overnight soaked oat porridge with milk, seasonal poached fruit or fresh & yogurt	Overnight soaked oat porridge with milk, seasonal poached fruit or fresh & yogurt	Overnight soaked oat porridge with milk, seasonal poached fruit or fresh & yogurt	Overnight soaked oat porridge with milk, seasonal poached fruit or fresh & yogurt	Overnight soaked oat porridge with milk, seasonal poached fruit or fresh & yogurt
LUNCH WEEK 1	Macaroni cheese served with seasonal vegetables, cucumber, tomato, baby corn (v)	Beef cottage pie served with seasonal vegetables, beetroot, advocado, carrot	Stir fry chicken and rice served with seasonal vegetables, tomato, cucumber, advocado	Beef and vegetable pizza served with salad vegetables, capsicum, carrot, baby corn	Bacon and egg quiche served with salad vegetables, advocado, cucumber, tomato
	Vegan macaroni cheese served with seasonal vegetables cucumber, tomato, baby corn v)	Lentil cottage pie served with seasonal vegetables, beetroot, advocado, carrot (v option)	Stir fry tofu and rice served with seasonal vegetables tomato, cucumber, advocado (v option)	Vegetable and vegan cheese pizza served with salad vegetables, capsicum, carrot, baby corn (v option)	Spinach and vegan cheese quiche served with salad vegetables, advocado, cucumber, tomato (v option)
AFTERNOON TEA	Carrot & cucumber sticks served with hummus	Cheese & vegemite pinwheels served with fresh fruit platter of watermelon, pineapple and orange	baked savoury queche served with a fruit platter banana, apple, orange	Banana muffin served with fruit platter, apple, pear, watermelon	Plta bread trianges served with Tzatziki served wurh fruit platter, watermelon, apple, orange
DRINKS	Water is offered at every meal and freely available throughout the day				
ALLERGIES	Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				
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 an appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				

SUMMER MENU

FOUR WEEK ROTATION - WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Overnight soaked oat porridge with milk, seasonal poached fruit or fresh fruit selection and yogurt				
LUNCH WEEK 2	Sweetcorn pasta served with seasonal vegetables, tomato, avocado, beetroot Sweetcorn and vegan cheese pasta served with seasonal vegetables, tomato, avocado, beetroot (v)	Beef and bean nacho with corn chips and salad vegetables including baby corn, carrot, avocado (gf) Savoury lentil nacho with corn chips and salad vegetables including baby corn, carrot,	Roast chicken and gravy with mashed potatoes and vegetables Spiced tofu with mashed potatoes and vegetables (v option)	Beef sliders with side salad of cucumber, tomato and avocado Plant based sliders with side salad of cucumber, tomato and avocado (v)	Pumpkin and coconut soup served with wholemeal toast and vegetable platter of carrot, beetroot, avocado (v, gf, df)
AFTERNOON TEA	Freshly baked pumpkin loaf served with a fruit platter of oranges, kiwi, bananas	Freshly baked fruit muffins served with a platter of apples, kiwi, bananas	Freshly baked rhubarb and apple loaf served with a platter of pear, kiwi, watermelon	Freshly baked anzac slice and apple loaf served with a fruit platter of oranges, kiwi, pineapple	Wholemeal sandwiches - egg/strawberry jam/vegemine served with a fruit platter of pineapple, kiwi, bananas

DRINKS Water is offered at every meal and freely available throughout the day

ALLERGIES Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs

INFANTS (EATING SO) 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, ve

SUMMER MENU FOUR WEEK ROTATION - WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Overnight soaked oat porridge with milk, seasonal poached fruit or fresh fruit selection and yogurt				

LUNCH WEEK 3	Sweetcorn pasta served with seasonal vegetables Macaroni cheese served with seasonal vegetables Vegan cheese pasta served with seasonal vegetables (v)	Beef lasagne with seasonal vegetables Lentil lasagne with seasonal vegetables (v)	Thai Chicken curry and rice with seasonal vegetables Thai Tofu curry and rice with seasonal vegetables (v)	Beef sliders with salad vegetables Meatloaf with gravy, mash and vegetables (df) Plant based patty with mash and vegetables (v)	Mexican beans with rice (v) served with sour cream, grated cheese and nacho chips. Salad of tomato, avocado and cucumber
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AFTERNOON TEA	Freshly baked orange loaf served with a fruit platter of oranges, kiwi, bananas	Freshly baked banana muffins served with a platter of apples, kiwi, bananas	Savory pinwheels served with a fruit platter of pear, kiwi, watermelon	Freshly baked zucchini fritters served with a fruit platter of oranges, kiwi, pineapple	Wholemeal sandwiches platter served with a fruit selection of pineapple, kiwi, bananas
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SUMMER MENU FOUR WEEK ROTATION - WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Overnight soaked oat porridge with milk, seasonal poached fruit or fresh fruit selection and yogurt				
LUNCH WEEK 4	Creamy tuna fish pasta served with salad vegetables including baby corn, avocado, capsicum Vegan tofu pasta with salad vegetables including baby corn, avocado, capsicum(v)	Savoury beef and seasonal vegetables of beetroot, tomato and avocado Savoury lentils and seasonal vegetables of beetroot, tomato and avocado(v)	Roast chicken and gravy with mashed potatoes and vegetables including peas, beans and carrots Spiced tofu with mashed potatoes and vegetables including peas, beans and carrots (v)	Spaghetti bolognese with seasonal vegetables, beetroot, broccoli, kumara Lentil Bolognese with seasonal vegetables, beetroot, broccoli, kumara (v)	Split pea and vegetable soup served with wholemeal toast and seasonal vegetables, tomato, baby corn and cucumber(v)

AFTERNOON TEA	Saltana cookies served with a fruit platter of oranges, kiwi, bananas	Banana pancakes served with a fruit platter of apples, kiwi, bananas	savory scones with a fruit platter of pear, kiwi, watermelon	carrot cake slice and apple loaf served with a fruit platter of oranges, kiwi, pineapple	Wholemeal sandwiches - egg/strawbeery jam/vegemine served with a fruit platter of pineapple, kiwi, bananas
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