



## **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. Vegetarian (V) and vegan (V\*) options are provided as required

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

**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 (V/V\*)

**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  
Korean vegetable curry served on rice with a fresh salad and bread (V/V\*)

**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 (V/V\*)

**Afternoon Tea:** Freshly baked pineapple slice

### **Thursday**

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

**Lunch:** Beef & lentil sliders served with a choice of fresh mixed salad  
Lentil patty sliders served with a choice of fresh mixed salad (V/V\*)

**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 (V/V\*)

**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. Vegetarian (V) and vegan (V\*) options are provided as required.

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

**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  
Tofu pasta bake, served with mixed winter vegetables (V, V\*)

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

### **Tuesday**

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

**Lunch:** Korean vegetable, bacon and rice served with a fresh seasonal mixed salad  
Korean vegetable and rice served with a fresh seasonal mixed salad (V/V\*)

**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 (V/V\*)

**Afternoon Tea:** Freshly baked vegemite and cheese scrolls

### **Thursday**

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

**Lunch:** Margherita pizza served with a fresh seasonal mixed salad (V/V\*)

**Afternoon Tea:** Freshly baked cheese scones

### **Friday**

**Morning Tea:** Homemade muesli bar served with yogurt and fresh seasonal sliced fruit

**Lunch:** Curried pumpkin & coconut soup served with croutons and a mixed seasonal salad (V/V\*)

**Afternoon Tea:** Freshly baked savoury muffins