

Menu Winter 2025

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 and vegan options are provided as required.

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).

Drinks: All meals are served with water.

Monday

Morning Tea: Artisan baked beetroot bread served with yogurt
Lunch: Macaroni cheese & legumes served with mixed seasonal vegetables (V/V*)
Afternoon Tea: Oven warm chocolate chip muffins

Tuesday

Morning Tea: Toasted raisin bread served with yogurt and fresh seasonal 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, bread and butter (V/V*)
Afternoon Tea: Home styled cheese scones

Wednesday

Morning Tea: Fresh out of the oven pumpkin bread served with yogurt and fresh seasonal fruit
Lunch: Potato & leek chowder served with toast, and fresh salad vegetables (V/V*)
Afternoon Tea: Freshly baked pineapple slice

Thursday

Morning Tea: Freshly baked banana bread served with yogurt and fresh seasonal fruit
Lunch: Beef & lentil sliders served with a fresh mixed salad
 Lentil patty sliders served with a fresh mixed salad (V/V*)
Afternoon Tea: Homemade Anzac biscuits

Friday

Morning Tea: Small batch baked muesli 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

Menu Winter 2025

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 and vegan options are provided as required.

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).

Drinks: All meals are served with water.

Monday

Morning Tea: Warm-baked courgette & cranberry muffins 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: Homemade baked coconut & vanilla slice

Tuesday

Morning Tea: Toasted raisin bread served with yogurt and fresh seasonal fruit

Lunch: Korean beef casserole served with fresh seasonal vegetables, bread & butter
Korean vegetable casserole served with fresh seasonal vegetables, bread & butter (V/V*)

Afternoon Tea: House-made hummus served with julienne cucumbers and crackers

Wednesday

Morning Tea: Freshly baked pumpkin bread with yogurt and fresh seasonal fruit

Lunch: Hearty tomato-based winter vegetables & mixed beans pasta bake (V/V*)

Afternoon Tea: Warm baked vegemite and cheese scrolls

Thursday

Morning Tea: Healthy muesli bar served with yogurt and fresh seasonal fruit

Lunch: Margherita pizza served with fresh seasonal vegetables (V/V*)

Afternoon Tea: Cheesy scones straight from the oven

Friday

Morning Tea: Homemade banana bread served with yogurt and fresh fruit

Lunch: Curried pumpkin & coconut soup served with croutons & mixed seasonal vegetables (V/V*)

Afternoon Tea: Just baked savoury muffins