

## MENU – WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Breakfast</b> Main option	Wholemeal, fruit or pita bread toasted				
<b>Morning Tea</b> Main option	Fresh fruit + Muffins	Fresh fruit + Oatcakes	Fresh fruit + Scones	Fresh fruit + Crackers	Fresh fruit + Garlic pizza
<b>Lunch</b> Main option	Vegetable quiche	Chicken & vegetable gravy with mashed potatoes	Vegan Thai red curry and rice	Hand pies	Salmon pasta
Fruit based dessert	Rhubarb cookies	Banana Cake	Fruit cake	Peach smoothie	Apple pastry
<b>Baby meals</b>	Vegetable, meat or fruit mash				
<b>Afternoon Tea</b> Main option	Fresh fruit + Toasted pita bread	Fresh fruit + Oven baked cookies	Fresh fruit + Pikelets	Fresh fruit + Scones	Fresh fruit + Mousetraps
<b>Drinks</b>	Milk or water				

### Notes

*Main option is designed for children 12 months and older*

*Guidance provided by child's caregivers as to appropriate texture and stage for feeding*

*Baby meals are prepared to correct stage onsite*

*Fresh fruit is cut up*

*The menu will be adapted for those children with special dietary requirements*

Breakfast 6.30am—8am    Morning Tea 9am—10am    Lunch 11am—12pm    Afternoon Tea 2pm—3pm, and 4.30pm onwards when required