

Spring - Summer Menu Plan

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday	Menu & Recipe Notes
Breakfast	Whole grain cereals and toast with healthy toppings from the five food groups, served with milk and water.					
Morning Tea Serve with Milk or water	Very Berry Smoothie	Blueberry Bircher Muesli served with Fruit	A Festival of Fruit, Veggies, Cheese & Crackers	Raisin Toast with Ricotta & Banana served with Fruit	Golden Fruits with extra CRUNCH! Granola	Late snack A variety of snack food options from the five food groups, such as fruit, veggies, cheese and crackers, served with water.
Lunch Serve with Milk or water	Nonna's Traditional Bolognese	Crispy Fish Fingers with Veggie Rice	Superhero Beef Casserole with Pasta Twirls	Beef Burrito Bowl – Build Your Own	Garlic Chicken & Veggie Stir-Fry with Rice	Drinks Water should be freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.
Vegetarian alternative	Nonna's Traditional Lentil Bolognese	Homestyle Baked Beans	Superhero Bean Casserole with Pasta Twirls	Bean Burrito Bowl – Build Your Own	Garlic Tofu & Veggie Stir-Fry	For infants It is recommended that children under 12 months are only offered foods that have been trialled at home. Food should be modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).
Afternoon Tea Serve with Milk or water	Banana & Blueberry Muffins served with Fruit & Veggies	Zippy Hummus served with Crackers & Veggie Dippers	Strawberry Loaf with Fresh Fruit	Tasty Cheese and Cucumber on Rice Cakes served with Veggie Sticks	Cheesy Sweet Potato Dip with Crunchy Carrot Dippers served with Fruit	Dietary needs Children with medical, religious, or cultural dietary requirements should be provided with a tailored version of this menu to meet their individual needs.

Spring - Summer Menu Plan

Week 2	Monday	Tuesday	Wednesday	Thursday	Friday	Menu & Recipe Notes
Breakfast	Whole grain cereals and toast with healthy toppings from the five food groups, served with milk and water.					
Morning Tea Serve with Milk or water	Strawberry & Apple Bliss Yoghurt Bowl	Zippy Hummus served with Veggie Sticks, Fruit & Crackers	Fruity Crumble Delight	Vanilla Fruit Sundaes	'Crunch & Munch' Veggie Platter with Cheese & Crackers	Late snack A variety of snack food options from the five food groups, such as fruit, veggies, cheese and crackers, served with water.
Lunch Serve with Milk or water	Beef & Creamy Mash Potato Pie	Moroccan Chicken Tagine with Fluffy Couscous	Easy Mexican Beef Bowls	Go Thai Fish Curry with Rice	Chicken & Lentil San Choy Bau	Drinks Water should be freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.
Vegetarian alternative	Brown Lentil & Creamy Potato Mash Pie	Moroccan Tofu Tagine with Fluffy Couscous	Easy Mexican Bean Bowls	Thai Tofu Curry with Rice	Tofu & Lentil San Choy Bau	For infants It is recommended that children under 12 months are only offered foods that have been trialled at home. Food should be modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).
Afternoon Tea Serve with Milk or water	Tasty Cheese & Baby Spinach Muffins served with Fruit & Veggies	Pineapple & Cheese Pizzas served with Fresh Fruit	Roasted Veggie Chips & Green Pea Dip served with Fruit	Avocado & Cheese Sandwiches served with Fruit & Veggies	Monkey Style Banana Bread served with Fresh Fruit	Dietary needs Children with medical, religious, or cultural dietary requirements should be provided with a tailored version of this menu to meet their individual needs.

Spring - Summer Menu Plan

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday	Menu & Recipe Notes
Breakfast	Whole grain cereals and toast with healthy toppings from the five food groups, served with milk and water.					
Morning Tea Serve with Milk or water	Vegemite Rice Cakes with Cheese, Oranges & Apples	Raisin Toast with Ricotta & Banana served with Fruit	Mango Bircher Muesli served with Fruit	Very Berry Smoothie	A Festival of Fruit, Veggies, Cheese & Crackers	Late snack A variety of snack food options from the five food groups, such as fruit, veggies, cheese and crackers, served with water.
Lunch Serve with Milk or water	Indian Beef Curry with Fluffy Rice	Beef & Vegetable Lasagne	Softly Spiced Chicken & Cauliflower with Couscous	Chilli Con Carne with Brown Rice	Tuna Pasta Salad	Drinks Water should be freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.
Vegetarian alternative	Indian Chickpea Curry with Fluffy Rice	Tofu & Vegetable Lasagne	Softly Spiced Chickpea & Cauliflower with Couscous	Chilli Lentil Con Carne with Brown Rice	Lentil Pasta Salad	For infants It is recommended that children under 12 months are only offered foods that have been trialled at home. Food should be modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).
Afternoon Tea Serve with Milk or water	Beetroot Hummus with Veggie & Cracker Dippers	Crunchy Rice Cakes with Cheese & Red-Ripe Tomatoes served with Veggie Sticks	Tasty Cheese and Cucumber Sandwiches served with Veggies	Strawberry Loaf with Fresh Fruit	Banana & Blueberry Muffins served with Fruit & Veggies	Dietary needs Children with medical, religious, or cultural dietary requirements should be provided with a tailored version of this menu to meet their individual needs.

Spring - Summer Menu Plan

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday	Menu & Recipe Notes
Breakfast	Whole grain cereals and toast with healthy toppings from the five food groups, served with milk and water.					
Morning Tea Serve with Milk or water	Golden Fruits with extra CRUNCH! Granola	A Festival of Fruit, Veggies, Cheese & Crackers	Sweet Banana & Ricotta Rice Cake Stack served with Fruit Platter	Baked Pear & Apple Coconut Crumble	Strawberry & Apple Bliss Yoghurt Bowl	Late snack A variety of snack food options from the five food groups, such as fruit, veggies, cheese and crackers, served with water.
Lunch Serve with Milk or water	Asian Beef and Broccoli Stir-Fry with Oodles of Rice Noodles	Colourful Pork Fried Rice Bowls	Sunshine Yellow Dahl & Basmati Rice	Beef & Creamy Mushroom Stroganoff with Pasta Tubes	Catch of the Day Tuna Bake	Drinks Water should be freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.
Vegetarian alternative	Asian Tofu & Broccoli Stir-Fry with Oodles of Rice Noodles	Colourful Tofu Fried Rice Bowls	Sunshine Yellow Dahl & Basmati Rice	Bean & Creamy Mushroom Stroganoff with Pasta Tubes	Soft Silken Tofu & Creamy Ricotta Pasta Bake	For infants It is recommended that children under 12 months are only offered foods that have been trialled at home. Food should be modified to a suitable texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).
Afternoon Tea Serve with Milk or water	Oven Baked Broccoli Chips served with Fruit	Monkey Style Banana Bread served with Fresh Fruit	Zippy Hummus served with Veggie Sticks, Fruit & Crackers	Roasted Veggie Chips & Green Pea Dip served with Fruit	Cheese & Tomato Pizzas served with Fresh Fruit	Dietary needs Children with medical, religious, or cultural dietary requirements should be provided with a tailored version of this menu to meet their individual needs.