

Spring - Summer Menu Plan

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
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
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
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
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

Menu & Recipe Notes

Late snack

A variety of snack food options from the five food groups, such as fruit, veggies, cheese and crackers, served with water.

Drinks

Water should be freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

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).

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
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
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
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
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

Menu & Recipe Notes

Late snack

A variety of snack food options from the five food groups, such as fruit, veggies, cheese and crackers, served with water.

Drinks

Water should be freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

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).

Dietary needs

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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

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

**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

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

Late snack

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Drinks

Water should be freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.

For infants

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Spring - Summer Menu Plan

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
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
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
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
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

Menu & Recipe Notes

Late snack

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Drinks

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For infants

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