



Winter Menu 2023



	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Date	Morning Tea Drink: Milk	Crumpets with assorted spreads	Fresh fruit platter	Fresh fruit platter	Fruit Bread (toasted)	Wholemeal French stick with cream cheese and sliced tomato
	Lunch (1 st course) Drink: Water	Pumpkin, Sweet potato and white bean soup with warm wholemeal baguette	Chicken fried rice with vegetables and bacon	Beef Lasagne	Butter chicken with green beans and Brown rice	Shepherds Pie with vegetables
	Lunch alternative	GF bread	Vegetarian fried rice with tofu	Vegetarian rolls	DF Butter Tofu with green beans and brown rice	Vegetarian/lentil and gluten free
	Lunch (2 nd Course)	Fruit salad with Greek yoghurt	2 fruits and Greek yoghurt	Greek yoghurt with berry compote	Sliced peaches in Greek yoghurt	Fresh seasonal fruit platter with Greek yoghurt
	Afternoon Tea Drink: Milk	Fresh fruit platter with rice crackers	Wholemeal salada with cheeses slices, cucumber, carrot and celery sticks	Corn thins with cream cheese, cucumber and carrot sticks with sliced tomato	Apples, Pears, cucumber and carrot with brown rice cakes	Selection of dried fruits, cheese slices, sultanas and rice crackers
	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Date	Morning Tea Drink: Milk	Fruit bread (toasted)	Wholemeal English muffins with assorted spreads	Fresh fruit platter	Fresh fruit platter	Fresh fruit platter
	Lunch (1 st course) Drink: Water	Tuna and vegetable pasta bake	Chicken and vegetable rice noodles	Beef curry with vegetables	Roast beef with mashed potato, steamed corn cobs, peas and gravy	Chicken burgers, cheese and fresh salad served on wholemeal rolls
	Lunch alternative	GF pasta in white dairy free sauce with vegetables	Vegetarian Rice noodles	GF pasta with vegetable/lentil bolognaise sauce	Pumpkin and chickpea patties	Vegetable and lentil patties, GF Bread, DF Cheese
	Lunch (2 nd Course)	Sliced pears with Greek style yoghurt	Warm berry compote with Greek style yoghurt	Peaches and Greek yoghurt	2 fruits and yoghurt	Fruit salad with Greek yoghurt
	Afternoon Tea Drink: Milk	Fresh fruit platter with rice crackers	Corn thins, cheese slices, apples and pears, carrot and cucumber sticks	French stick with cream cheese and sliced tomatoes	Cheese and vegemite sandwiches	Rice crackers with carrots, cucumber and celery sticks with home made dips
	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Date	Morning Tea Drink: Milk	Toasted English muffins with cheese	Fresh fruit platter	Wholemeal crumpets with assorted spreads	Fruit bread	Fresh fruit platter
	Lunch (1 st course) Drink: Water	Lentil and vegetable bolognaise with penne pasta and garlic bread	Lamb and vegetable curry with Naan and rice	Chicken and vegetable risotto	Pulled pork tacos with guacamole	Meatballs and vegetables served with pasta
	Lunch alternative	GF bread, GF Pasta	Lentil curry, GF Bread,	Corn and bean taco	Mushroom risotto	Vegetarian, (GF) pasta
	Lunch (2 nd Course)	Warm berry compote with Greek yoghurt	Sliced pears with Greek style yoghurt	Sliced peaches with Greek yoghurt	Fresh fruit platter	Frozen yoghurt in cones
	Afternoon Tea Drink: Milk	Rice crackers with cheese slices, pear, apple and avocado dip	Wholemeal saladas with cream cheese and a selection of dried fruits	Fresh fruit platter	Pumpkin slice	Corn cakes with cream cheese and vegetable sticks
	Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Date	Morning Tea Drink: Milk	Fruit bread (toasted)	Fresh fruit platter	Fresh fruit platter	Wholemeal French stick with cream cheese and sliced tomato	Fresh fruit platter
	Lunch (1 st course) Drink: Water	Potato and leek soup with cannellini beans and wholemeal bread	Beef and vegetable bolognaise with pasta	Chicken stroganoff with rice, served with peas, carrot and corn	Fish with mashed potato, corn cobs and peas	Pulled chicken Nachos
	Lunch alternative	Potato and leek soup with cannellini beans	Vegetarian, GF pasta	Vegetarian stew	Falafel with mashed potato, corn cobs and peas	Gf corn thins/tomato salsa Nursery/toddlers tortilla's
	Lunch (2 nd Course)	Fruit salad with Greek yoghurt	Warm berry compote with Greek yoghurt	Sliced apples with Greek yoghurt	2 fruits with Greek yoghurt	Sliced pears with Greek yoghurt
	Afternoon Tea Drink: Milk	Fresh fruit platter with rice crackers	Selection of dried fruits, avocado dip and wholemeal crackers	Banana Bread	Apple, pear, carrot, cucumber and celery with salada's	Wholemeal French stick with cream cheese and sliced tomato

We offer an alternative main course which is gluten free, dairy free and vegetarian for children who have a diagnosed allergy.

Late snack (wholemeal crackers) is provided to children in care after 5.30pm. The menu is assessed by the Healthy Eating Advisory Service and meets the criteria determined.

A/T alternatives in nursery and toddlers- no dried fruit or sultanas- alt- berries/blueberries strawberries etc. (steamed carrot sticks- no celery) (no raisin toast in nursery and toddlers)