

## Menu

Date:06/02/2017

WEEK ...five..		Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>Morning Tea</u></b>		Cranberry Piklets w/ Pineapple Cottage Cheese Spread	Broccoli,cauliflower platter w/ Hommus	Weetbix Slice	Wholemeal Toast w/ not nuts spread	Baked Beans on French Bread w/ Margarine
Under 12 months		Puree/Cereal Or same as above – Puree/Lumps	Puree /Cereal Or same as above – Puree/Lumps	Puree/Cereal Or same as above – Puree/Lumps	Puree/Cereal Or same as above – Puree/Lumps	Puree/Cereal Or same as above – Puree/Lumps
Drink		Rice/Soy/Milk/Water	Rice/Soy/Milk/Water	Rice/Soy/Milk/Water	Rice/Soy/Milk/Water	Rice/Soy/Milk/Water
<b><u>Lunch</u></b>		Tomato topped Meatloaf, Chats, Baby Carrots & Beans  Mango Chia Pudding	Tuscan Beef Casserole w/ Pasta  Fruit Salad	Tandoori Chicken w/ Rice plums & Yoghurt	Mini Lamb Burgers, Lettuce, Tomato, Grated Carrot, Bread Roll, Cheese Watermelon, oranges	Tuna Mornay & Salad  Wholemeal Date slice
Under 12 months		Puree Vegetables Or same as above – Puree/Lumps	Puree Vegetables Or same as above – Puree/Lumps	Puree Vegetables Or same as above – Puree/Lumps	Puree Vegetables Or same as above – Puree/Lumps	Puree Vegetables Or same as above – Puree/Lumps
Drink		Water	Water	Water	Water	Water
<b><u>Afternoon Tea</u></b>		Rockmelon, kiwifruit & Cheese Platter	Apple Crumble & Custard	Carrots, cucumber, beans w/ Nut free pesto dip	banana Yoghurt Pops	Cheese, carrot & sultana, chicken sandwiches
Under 12 months		Puree Fruit Or same as above – Puree/Lumps	Puree Fruit Or same as above – Puree/Lumps	Puree Fruit Or same as above – Puree/Lumps	Puree Fruit Or same as above – Puree/Lumps	Puree Fruit Or same as above – Puree/Lumps
Drink		Rice/Soy/Milk/Water	Rice/Soy/Milk/Water	Rice/Soy/Milk/Water	Rice/Soy/Milk/Water	Rice/Soy/Milk/Water
Dietary Requirements	<b>Dairy</b>	3 Serves Daily	3 Serves Daily	3 Serves Daily	3 Serves Daily	3 Serves Daily
	<b>Protein</b>	1 Serve Daily	1 Serve Daily	1 Serve Daily	1 Serve Daily	1Serve Daily
	<b>Carbohydrates</b>	2 Serves Daily	2 Serves Daily	2 Serves Daily	2 Serves Daily	2 Serves Daily
	<b>Fruit</b>	1 Serves Daily	1 Serves Daily	1 Serves Daily	1 Serves Daily	1 Serves Daily
	<b>Vegetables</b>	2 Serves Daily	2 Serves Daily	2 Serves Daily	2 Serves Daily	2 Serves Daily