

Menu Plan 0-5 Years: Autumn/Winter

Week 1

Our menu for 0-2 means that all hard fruit and vegetables are parboiled and all meals and snacks are mashed or pureed as needed. New food will only be given to children after they have been introduced in the home environment at least 3 times first.

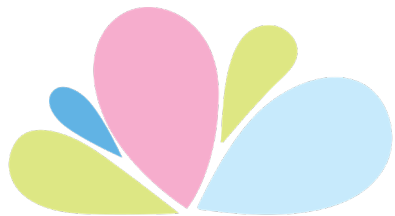
Key Descriptions

Condiments offered: Margarine, jam, vegemite
 Toast/Breads offered: Whole meal
 Milk served: Full cream (0-2s) Reduced Fat Milk (25s)
 Formula: Stage appropriate S26 Gold
 Egg & Nut free service

Reference/source:

Reference/Source: Get up and Grow, healthy eating and physical activity in Early Childhood Good for kids, good for life Nutrition Department of the Central Coast Area Health Service in NSW Dietary Guidelines for children and adolescents in Australia. Reviewed: February 2020. Next Review Date: February 2021

	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7am – 8am	Breakfast	Choice of cereals: (weetbix or cornflakes)	Choice of cereals: (weetbix or cornflakes)	Choice of cereals: (weetbix or cornflakes)	Choice of cereals: (weetbix or cornflakes)	Choice of cereals: (weetbix or cornflakes)
9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Baked Beans on Wholemeal toast	Cruskits it assorted spreads	Wholemeal banana bread	Tomato Cheese Wholemeal toasties	Wholemeal spinach and corn muffins
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:30 am	Starter	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Lunch	Chicken and mushroom Risotto with vegetables	Beef & bean Burritos	Italian beef and wholemeal spaghetti with vegetables	Spaghetti Bolognese and Greek salad	Apricot Chicken with Pasta and garden salad
	Alternative/ Vegetarian Meal	Chickpea and mushroom Risotto with vegetables	Mushroom & bean Burritos	Italian tofu, bean and wholemeal spaghetti with vegetables	Spaghetti Bean Bolognese and Greek salad	Apricot Chickpea with Pasta and garden salad
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Vegetable platter, dip and wholemeal pita bread	Dried Fruits and cheese cubes	Wholemeal finger sandwiches	Dried apricots and vegie sticks	Iron rich muffins
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Dinner Vegetarian option	Bolognese beef Pie Bolognese Chickpea Pie	Tuna macaroni bake with vegetables Mushroom and beans macaroni bake with steamed vegetables	Lentil soup with wholemeal bread	Chicken and vegetable ragout with brown rice Tofu and vegetable ragout with brown rice	Tofu fried rice
	Beverage	Water	Water	Water	Water	Water



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Week 2

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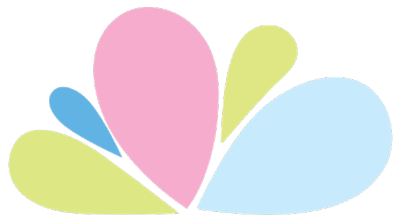
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7am – 8am	Breakfast	Choice of cereals: (weetbix or cornflakes)	Choice of cereals: (weetbix or cornflakes)	Choice of cereals: (weetbix or cornflakes)	Choice of cereals: (weetbix or cornflakes)	Choice of cereals: (weetbix or cornflakes)
9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Yoghurt and dried fruits	Wholemeal toast with spreads	Cherry tomatoes, cheese cubes & wholemeal pita bread	Wholemeal zucchini and carrot muffin	Wholemeal pikelets with sultanas
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:30 am	Starter	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Lunch	Slow cooked beef casserole with vegetables and wholemeal bread	Honey soy chicken with Chinese greens and noodles	Meat balls in rich tomato sauce with pasta and steamed beans	Tuna and sweet corn bake with steamed broccoli and cauliflower	Chilli con carne (beef) with brown rice
	Alternative/ Vegetarian Meal	Slow cooked bean and mushroom casserole with vegetables and wholemeal Water	Honey soy tofu with Chinese greens and noodles	Bean balls in rich tomato sauce with pasta and steamed beans	Cheesy sweet corn bake with steamed broccoli and cauliflower	Beans chilli corn carne with brown rice
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Wholemeal cheese scones	Weetbix and berry muffin	Wholemeal sandwich with condiments	Roasted capsicum dip with wholemeal pita bread and vegetable sticks	Vegetable platter, brown rice crackers and dried fruits
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Dinner Vegetarian option	Sweet chicken and vegetable pasta Sweet tofu and vegetable pasta	Minced beef stroganoff with brown rice and steamed mixed vegetables Mushroom and tofu stroganoff with brown rice and steamed mixed vegetables	Chicken Paella with steamed vegetables Tofu Paella with steamed vegetables	Minestrone soup with wholemeal bread and garden salad Minestrone soup with wholemeal bread and garden salad	Baked beans and potato pie with steamed broccoli Baked beans and potato pie with steamed broccoli
	Beverage	Water	Water	Water	Water	Water



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Week 3

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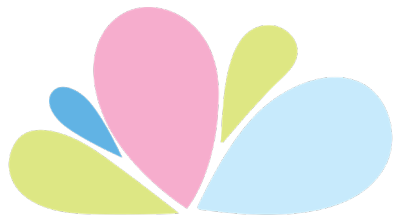
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7am – 8am	Breakfast	Choice of cereals: (weetbix or rice bubbles)	Choice of cereals: (weetbix or rice bubbles)	Choice of cereals: (weetbix or rice bubbles)	Choice of cereals: (weetbix or rice bubbles)	Choice of cereals: (weetbix or rice bubbles)
9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Wholemeal toast with cottage cheese	Wholemeal crumpets with spreads	Wholemeal pita bread with dips	Wholemeal tomatoes and cheese damper	Raisin toast and vegetable sticks
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:30 am	Starter	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Lunch	Moroccan chicken and spinach with couscous and garden salad	Beef balls and bean sauce with brown rice and steamed vegetables	Rainbow lamb pasta	Tuna mornay and steamed vegetables	Beef and noodle hot pot with vegetables
	Alternative/ Vegetarian Meal	Moroccan chickpeas and spinach with couscous and garden salad	Tofu balls and bean sauce with brown rice and steamed vegetables	Rainbow tofu pasta	Bean and mushroom mornay and steamed vegetables	Tofu and noodle hot pot with vegetables
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Spinach wholemeal pikelets	Vegetable sticks, cheese cubes and dried fruits	Vegetable platter with sultanas with brown rice cakes	Homemade custard with dried fruits	Dried fruits and wholemeal rice crackers
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Dinner	Asian style fish with wholemeal spaghetti and asian greens	Macaroni cheese with broccoli	Tandoori chicken with brown rice and steamed vegetables	Chicken fried rice	Carrot and lentil soup with wholemeal bread rolls
	Alternative/Vegetarian meal	Asian style tofu with wholemeal spaghetti and asian greens		Tandoori tofu with brown rice and steamed vegetables	Tofu fried rice	
	Beverage	Water	Water	Water	Water	Water



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9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Wholemeal cheese toasties	Wholemeal spinach and corn muffin	Vegetable platter with cheese cubes	Wholemeal cheese and spinach triangles	Cruskits with hummus and dried fruits
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:30 am	Starter	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Lunch	Basic mince with brown rice and mixed side vegetables	Chicken Chow Mein with Asian greens	Beef casserole with vegetables and wholemeal bread roll	Beef, potato and pumpkin bake with side steamed vegetables	Minestrone soup with wholemeal bread
	Alternative/ Vegetarian Meal	Tofu with brown rice and mixed side vegetables	Tofu Chow Mein with Asian greens	Vegetables casserole with wholemeal bread roll	Bean, potato and pumpkin bake with side steamed vegetables	Minestrone soup with wholemeal bread
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Vegetable sticks and brown rice crackers	Apricot, sultanas and cheese cubes	Rice pudding with dried fruits	Capsicum & celery sticks with wholemeal rice crackers & hummus dip	Wholemeal finger sandwiches and vegetable sticks
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Dinner	Spanish chicken with couscous	Cauliflower and spinach dahl with brown rice	Butter chicken with brown rice, zucchini and peas	Chicken and mushroom risotto	Mild beef curry with couscous
	Alternative / Vegetarian Meal	Spanish beans with couscous		Butter tofu with brown rice, zucchini and peas	Creamy mushroom risotto	Mild mushroom and tofu curry with couscous
	Beverage	Water	Water	Water	Water	Water