

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.

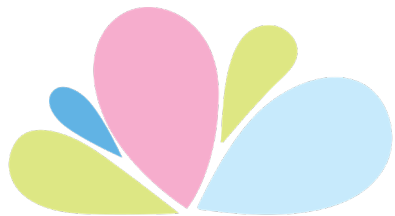
Key Descriptions

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 cheerios)	Choice of cereals: (weetbix or cheerios)	Choice of cereals: (weetbix or cheerios)	Choice of cereals: (weetbix or cheerios)	Choice of cereals: (weetbix or cheerios)
9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches	W/M toast with vegemite and cottage cheese	W/M toast with baked beans	Plain yoghurt, oats and fruit	w/m toast with condiments	Porridge
	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	Mexican Beef, mixed vegetables w brown rice	Mango curry chicken with capsicum and brown rice	Lamb curry with vegetables and brown rice	Spinach and lentil curry with jasmine rice	Penne pasta with beef and vegetables
	Alternative/ Vegetarian Meal	Mexican 4 bean, mixed vegetables w brown rice	Mango curry tofu with capsicum and brown rice	Curried chick peas with vegetables and brown rice	<i>Vitamin C rich vegetables</i>	Penne pasta with lentils and vegetables
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches	Hummus, capsicum & carrot sticks	W/m wraps with cheese and cucumber sticks	W/M homemade banana bread	Cottage cheese and rice crackers	Cheese and tomato wedges with corn cakes
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Hummus, capsicum & carrot sticks	W/m wraps with cheese and cucumber sticks	W?M homemade banana bread	Cottage cheese and rice crackers	Cheese and tomato wedges with corn cakes
	Beverage	Water	Water	Water	Water	Water



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Week 2

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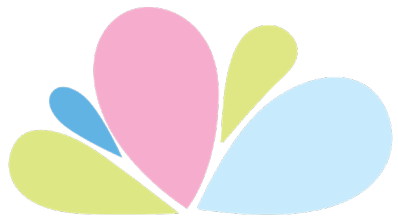
Key Descriptions

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:

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	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7am – 8am	Breakfast	Choice of cereals: (weetbix or cheerios)	Choice of cereals: (weetbix or rice cheerios)	Choice of cereals: (weetbix or cheerios)	Choice of cereals: (weetbix or cheerios)	Choice of cereals: (weetbix or rice bubbles)
9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches	Baked beans on w/m toast	Plain yoghurt, oats & sultanas	W/m Toast with condiments	w/m Cheese & tomato toasties	Yoghurt with Muesli
	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	Cheesy tuna, tomato & broccoli pasta	Beef stroganoff with mushrooms & spiral pasta	Pumpkin & Lentil Soup with brown rice	Beef Bolognese with mixed veg and spaghetti	Curried Lamb, winter veg and brown rice
	Alternative/ Vegetarian Meal	Cheesy bean, tomato & broccoli pasta	Kidney bean stroganoff with mushroom and lentil pasta		Lentil Bolognese with mixed veg and spaghetti	Curried chickpeas, winter veg and brown rice
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches	Cheese wraps & cucumber sticks	w/m Spinach and Feta muffins	Corn cakes with hummus and carrot sticks	Corn Relish dip, cucumber and carrot sticks	Brown Rice crackers & French Onion Dip
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Cheese wraps & cucumber sticks	w/m Spinach and Feta muffins	Corn cakes with hummus	Corn Relish dip, cucumber and carrot sticks	Brown Rice crackers & French Onion Dip
	Beverage	Water	Water	Water	Water	Water



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Week 3

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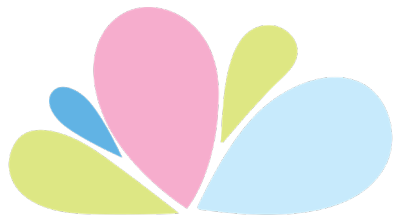
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9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches	Raisin toast with margarine spread	w/m rice cakes with cheese and tomato wedges	Brown rice crackers & cottage cheese	Yoghurt, frozen fruit & cornflakes	Pikelets with Condiments
	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	Lamb & vegetable curry w brown rice	Coconut chicken w cauliflower, spinach & tumeris brown rice	Lamb, lentil & mushrooms (mjadra) with basmati rice	Minestrone soup with 4 bean mix & pasta	Beef spaghetti bolognaise with vegetables
	Alternative/ Vegetarian Meal	Chickpea & vegetable curry w brown rice	Coconut tofu w cauliflower, spinach & tumeris brown rice	Lentil & mushrooms (mjadra) with basmati rice		Lentil spaghetti bolognaise with vegetables
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches	Brown Rice crackers with carrot stick and tzatziki dip	Capsicum & cucumber sticks with hummus dip & w/m bread sticks	w/m Orange & Poppy Seed Cake	Avocado & cream cheese w/m sandwiches with cucumber sticks	Brown rice crackers with cucumber & carrot sticks
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Brown Rice crackers with carrot stick and tzatziki dip	Capsicum & cucumber sticks with hummus dip & w/m bread sticks	w/m Orange & Poppy Seed Cake	Avocado & cream cheese w/m sandwiches with cucumber sticks	Brown rice crackers with cucumber & carrot sticks
	Beverage	Water	Water	Water	Water	Water



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Week 4

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9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches	Brown rice crackers with cheese	Yoghurt, oats & frozen fruit	W/m Vegemite Toast	w/m Cheese toasties	Rice Cake with Cottage Cheese
	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	Mexican Beef, mixed vegetables w brown rice	Beef & green beans w Jasmine rice	Healthy butter chicken with sweet potato & brown rice	Beef Stroganoff with Spinach & Mushroom & w/m pasta	Creamy Salmon, corn & broccoli pasta
	Alternative/ Vegetarian Meal	Mexican Red kidney beans, mixed vegetables w brown rice	Lentil & green beans w jasmine rice	Healthy butter Tofu with sweet potato & brown rice	Lentil Stroganoff with Spinach & Mushroom & w/m pasta	Creamy Lentil, corn & broccoli pasta
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches	Cheese & Tomato Scrolls	w/m Date & Oat slice	Capsicum & cucumber sticks, corn cake & tzatziki dip	Tomatoes, cheese cubes and sultanas	Creamy avocado w/m sandwiches
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Cheese & Tomato Scrolls	w/m Date & Oat slice	Capsicum & cucumber sticks, corn cake & tzatziki dip	Tomatoes, cheese cubes and sultanas	Creamy avocado w/m sandwiches
	Beverage	Water	Water	Water	Water	Water