

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.

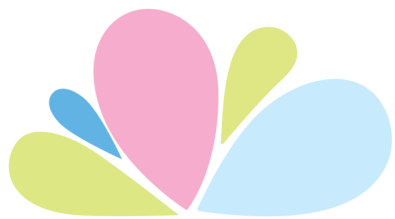
Key Descriptions

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 Wheaties)	Choice of cereals: (weetbix or Wheaties)	Choice of cereals: (weetbix or Wheaties)	Choice of cereals: (weetbix or Wheaties)	Choice of cereals: (weetbix or Wheaties)
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 & cottage cheese	Whole meal toast with baked beans	Plain yoghurt, oats, coconut and frozen fruit	Whole meal toast with ricotta cheese	Cheese & tomato premium whole meal crispbread
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:30 am	Starter	Tomatoes & Cauliflower	Broccoli & Cucumber	Cucumbers & tomatoes	Capsicum & Four Bean Mix	Carrots & Celery
	Lunch	Aurora sauce with Beef and penne pasta	Croatian Chicken with Rice	Beef & vegetable stroganoff w/chickpea & rice	Broccoli Tuna Mornay with Penne Pasta	Mexican beef, with Beans and rice
	Alternative/ Vegetarian Meal	Aurora Penne Pasta	Vegetable & chickpea Rice	Mixed bean & vegetable casserole with pita bread	Broccoli Mornay Pasta Vegetable Bake	Mexican 4 bean, mixed vegetables, 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	Hummus, capsicum & carrot sticks	Whole meal pita bread with cheese & cucumber sticks	Sweet corn dip with celery & carrot sticks	Vegie sticks with hummus dip	Plain Yoghurt w/Blueberries & brown rice crackers
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Whole meal pita bread with cheese	Sultanas with Brown rice crackers	Corn cakes with Hummus spread	Raisin bread fingers with margarine spread	Vegetable sticks with hummus dip
	Beverage	Water	Water	Water	Water	Water



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Week 2

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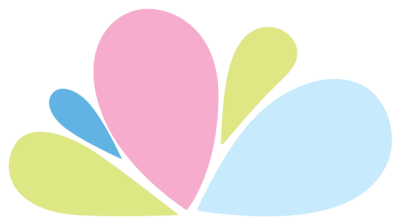
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9:00 am	Morning Tea	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches Beverages	Baked beans on whole meal toast Milk and water	Plain yoghurt, muesli & sultanas Milk and water	Whole meal toast with Hummus spread Milk and water	Cheese & tomato whole meal toasties Milk and water	Brown rice cakes & Hummus Dip Milk and water
11:30 am	Starter	Tomatoes & Four Bean Mix	Cucumber & tomatoes	Broccoli & Carrots	Tomato's & Beans	Cucumber & capsicum
	Lunch	Tuna & broccoli Mornay with penne pasta	Beef stroganoff with Mushrooms & penne pasta	Chicken & Vegetable noodle soup	Beef Bolognaise with Pasta	Apricot Beef with rice
	Alternative/ Vegetarian Meal	Cheesy, bean & broccoli Mornay penne pasta	Kidney bean stroganoff with broccoli & spiral pasta	Vegetable noodle soup	Chickpea & root vegetable with rice	Vegetarian Fried 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 & cucumber wraps	Lettuce- Grated carrot and Hummus whole meal sandwiches	Vegie sticks with Hummus dip	Hummus dip cucumber & carrot sticks	Yoghurt, brown rice crackers & 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	Corn relish dip & rice crackers	Sultanas with Brown rice crackers	Raisin bread fingers with margarine spread	Rice crackers with cheese	Cream Cheese Whole meal sandwiches
	Beverage	Water	Water	Water	Water	Water



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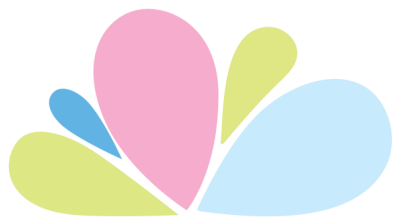
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9:00 am	Morning Tea	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit	Seasonal Fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches	Whole meal toast with cheese & tomato	Cheese & Toast soldiers	Brown rice crackers, celery sticks & cottage cheese	Yoghurt with frozen fruit	Raisin Toast Fingers w/ salt reduced vegemite and carrot sticks
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:30 am	Starter	Capsicum & Four Bean Mix	Tomatoes & cucumber	Capsicum and Tomatoes	Broccoli & carrots	Cucumber & Capsicum
	Lunch	Greek Spinach and tomato risotto	Beef Shepherd's pie	Beef Bolognese with Veggies and Penne Pasta	Chicken and Vegetable Fried Rice with Peas	Beef & Mushroom Stroganoff with Veggies & Penne Pasta
	Alternative/ Vegetarian Meal	Greek Spinach and tomato risotto	Vegetarian Shepherd's pie	Pasta napolitana with beans and Peas	Vegetarian Fried Rice	Tofu with vegetables & 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	Yoghurt, brown rice crackers & carrot sticks	Capsicum & cucumber sticks with hummus dip & whole meal crackers	Vegie sticks with Spring Onion Dip and Corn Cakes	Cream cheese and Lettuce whole meal sandwiches	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	Pita Bread with Condiments	Brown rice crackers with Dried Fruit	Brown rice crackers with cheese cubes	Whole meal Crackers with Sultanas	Raisin bread fingers with margarine spread
	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	w/m toast with Cream Cheese Spread	Yogurt with Muesli	w/m Toast with Cream Cheese spread	w/m cheese toasties	w/m corn cakes with cheese & Carrot
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:30 am	Starter	Tomatoes & broccoli	Cauliflower & cucumber sticks	Tomatoes & cucumbers with Four Bean Mix	Carrot sticks & tomatoes	Capsicum & Beans
	Lunch	Chicken and Mushroom with penne	Beef and Vegetable Stir-fry w/Rice	Tuna & Corn Mornay with Penne	Mexican Beef & Beans with Vegies and Rice	Slow Cooked Beef Osso Bucco in a Napolitana sauce with Pasta
	Alternative/ Vegetarian Meal	Tofu and Mushroom with Penne	Chickpea & vegetable Stir-fry w/Rice	Lenfil & spinach Penne with vegetables	Mexican Beans & vegies with chickpeas & rice	Cheesy Corn and Mornay 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	Carrot & cucumber sticks with Hummus Dip	Cherry tomatoes, capsicum and Hummus Dip	Lettuce- Grated carrot and Hummus whole meal wraps	Capsicum & cucumber sticks. Corn cakes & tzatziki	Mixed Whole meal Sandwiches
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Whole meal Crispbread with Salt Reduced Vegemite	Whole meal Crackers with Cheese Cubes	Brown Rice Crackers with Dried Fruits	Fruit Bread Fingers with Margarine	Cream cheese Wraps
	Beverage	Water	Water	Water	Water	Water