

Menu Plan 2-5 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.

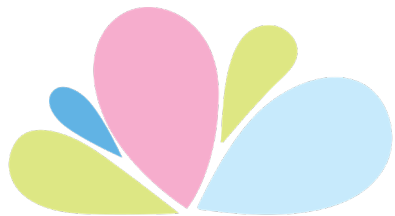
Key Descriptions

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
 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: (Weetabix, Porridge)	Choice of Cereals: (Weetabix, Porridge)	Choice of Cereals: (Weetabix, Porridge)	Choice of Cereals: (Weetabix, Porridge)	Choice of Cereals: (Weetabix, Porridge)
9:00 am	Morning Tea	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables
		Baked beans on Toast	Baked beans on Toast	Whole meal raisin toast with margarine	Toast with avocado dip	Toast with Cheese
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:30 am	Starter	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables
	Lunch	Creamy Tuna with whole meal pasta	Mexican beef burritos with Greek yoghurt	Savory mince with couscous	Vegetarian & spinach Risotto with Cauliflower & Corn	Spaghetti Bolognese
	Alternative/ Vegetarian Meal	Creamy pasta Served with orange slices	Mexican beans burritos with Greek yoghurt Served with orange slices	Tofu and veggies with couscous Served with orange slices	Vegetarian & spinach Risotto with cauliflower & corn Served with orange slices	Spaghetti with lentil and veggies Served with orange slices
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
		Rice cracker with avocado dip	yoghurt	Multigrain crispbread with hummus	Wholemeal toast with Baked Beans	Yoghurt & oats
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Pumpkin and lentil soup with toast finger	Chicken casserole Vegetable casserole	Creamy tuna pasta Creamy vegetables pasta	Coconut Spanish chicken with pasta Tofu chicken with pasta	Creamy Potato and Leek soup with toast fingers Creamy Potato and Leek soup with toast fingers
	Beverage	Water	Water	Water	Water	Water



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Week 2

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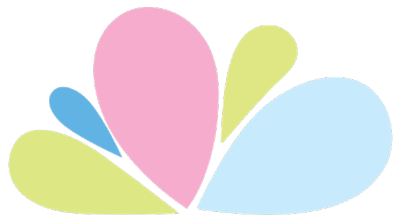
Key Descriptions

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
 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: (Weetabix, Porridge)	Choice of cereals: (Weetabix, Porridge)	Choice of cereals: (Weetabix, Porridge)	Choice of cereals: (Weetabix, Porridge)	Choice of cereals: (Weetabix, Porridge)
9:00 am	Morning Tea	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables
		Raisin toast & margarine	Toast with Cheese	Baked beans on Toast	Baked beans on toast	Raisin toast with margarine
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:30 am	Starter	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables
	Lunch	Beef stroganoff with rice	Coconut Spanish Chicken with rice	Spaghetti Bolognese	Creamy tuna pasta	Spaghetti Bolognese
	Alternative/ Vegetarian Meal	Stir fry vegetables and beans with rice Served with orange slices	Lentil fried rice Served with orange slices	Spaghetti Napolitano Served with orange slices	Creamy pasta Served with orange slices	Mexican beans with spaghetti Served with orange slices
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
		Rice cracker and cheese	Yoghurt & oats	Wholegrain crispbread	Rice cracker with hummus dip	Yoghurt & oats
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Coconut Spanish chicken with rice Brown rice with stir fry veggies and lentil	Pumpkin and lentil soup with toast fingers Pumpkin and lentil soup with toast fingers	Cheesy broccoli moray with noodles	Turkey mince with rice Tofu and vegetables stir fry with rice	Chicken Casserole Vegetable Casserole
	Beverage	Water	Water	Water	Water	Water



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Week 3

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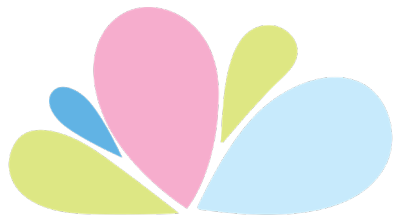
Key Descriptions

Condiments offered: Margarine, jam, vegemite
 Toast/Breads offered: Whole meal
 Milk served: Full cream (0-2s) Reduced Fat Milk (25s)
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	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7am – 8am	Breakfast	Choice of cereals: (Weetabix, Porridge)	Choice of cereals: (Weetabix, Porridge)	Choice of cereals: (Weetabix, Porridge)	Choice of cereals: (Weetabix, Porridge)	Choice of cereals: (Weetabix, Porridge)
9:00 am	Morning Tea	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables
		Raisin toast with margarine	Baked Beans on Toast	Baked Beans on Toast	Raisin toast with margarine	Cheese on toast
		Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:30 am	Starter	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables
	Lunch	Mexican beef burritos with Greek yoghurt	Beef Bolognese with rice	Tuna Mornay	Spaghetti Bolognese	Vegetarian couscous
	Alternative/ Vegetarian Meal	Mexican bean burritos with Greek yoghurt Served with orange slices	Beans with Bolognese sauce and rice Served with orange slices	Celery and Peas Mornay Served with orange slices	Spaghetti Napolitano Served with orange slices	Vegetarian couscous Served with orange slices
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
		Rice cracker with spread	Yoghurt & oats	Corn thin with hummus dip	Multigrain crispbread with spread	Yoghurt & oats
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Coconut Spanish chicken with rice Tofu with vegetables and rice	Chicken Casserole Vegetable Casserole	Beef and sweet potato stir fry with pasta Baby broccoli and sweet potato stir fry with pasta	Quinoa with chicken and vegetables Quinoa with vegetables	Beef stroganoff with spiral pasta Mexican beans stir fry with vegetables
	Beverage	Water	Water	Water	Water	Water



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Week 4

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 Toast/Breads offered: Whole meal
 Milk served: Full cream (0-2s) Reduced Fat Milk (25s)
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	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7am – 8am	Breakfast	Choice of cereals: (Weetabix or, Porridge)	Choice of cereals: (Weetabix or, Porridge)	Choice of cereals: (Weetabix or, Porridge)	Choice of cereals: (Weetabix or, Porridge)	Choice of cereals: (Weetabix or, Porridge)
9:00 am	Morning Tea	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables	Assorted Vegetables
		Toast with Cheese	Raisin toast with margarine	Baked beans with toast	Toast with Cheese	Baked beans with toast
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:30 am	Starter	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables	Assorted vitamin C rich vegetables
	Lunch	Pasta Bolognese Kiwi fruit	Pumpkin and Lentil soup with toast finger	Chicken casserole with sweet potato	Savory mince with Quinoa	Beef stroganoff with rice
	Alternative/ Vegetarian Meal	Pasta with red sauce and lentil Served with orange slices	Pumpkin and Lentil soup with toast finger Served with orange slices	Mixed vegetables stir fry with sweet potato Served with orange slices	Tofu and vegetables with Quinoa Served with orange slices	Stir fry vegetables and beans with rice Served with orange slices
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit	Seasonal fresh fruit
		Corn thin with spread	Yoghurt & oats	Multigrain crispbread with spread	Rice cracker with avocado dip	Yoghurt & oats
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Chicken Casserole Vegetables Casserole	Savory Mince with Couscous Mixed beans with Couscous	Broccoli cream risotto	Creamy Potato and Leek soup with toast fingers Creamy Potato and Leek soup with toast fingers	Chili corn carne with brown rice Brown rice with red kidney b sauce
	Beverage	Water	Water	Water	Water	Water