

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.

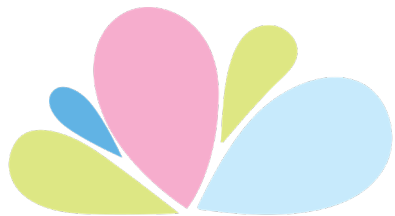
Key Descriptions

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 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
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches	Baked beans on wholemeal toast	Greek yoghurt, muesli and sultanas	Wholemeal toast with ricotta, sliced banana and cinnamon	w/m Cheese toasties	Wholemeal wraps with cream cheese and cucumber
	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	Beef lasagna	Beef & green beans w Jasmine rice	Creamy chicken and mushroom fettuccini	Beef potato Shepheard's pie	Thai fish cakes with lime and fermented rice
	Alternative/ Vegetarian Meal	Lentil, spinach and vegetables lasagna followed by snow peas	Mixed beans, chilli con carne w/ baked potatoes, brown rice followed by tomato	Creamy chickpea and mushroom fettuccini with snow peas	Lentil and vegetable potato shepherds pie	Thai tofu vegetable cakes, with brown bok choy and tomato 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	Wholemeal pumpkin scones	Spinach and cheese wholemeal muffins	Corn cakes with hummus and tomato	Wholemeal pikelets with ricotta spread	Brown rice crackers and hummus dip
	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 hummus	Spinach and cheese wholemeal muffins	Hummus with brown rice crackers	Corn thins with smashed avocado	Fruit platter
	Beverage	Water	Water	Water	Water	Water



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Week 2

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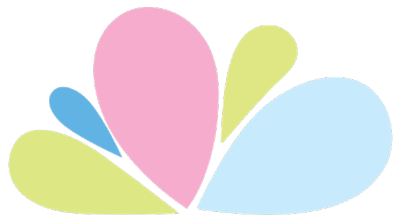
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9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches Beverages	Wholemeal toast with cinnamon Milk and water	Cheese and tomato wholemeal rice cakes Milk and water	Cucumber, brown rice crackers with cheese Milk and water	Yoghurt, fruit and muesli Milk and water	Vegetable sticks with hummus Milk and water
11:30 am	Starter	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Lunch	Moroccan lamb and vegetables with couscous	Coconut diced beef and vegetable curry with brown rice	Tofu, broccoli and vegetable yellow curry with brown rice	Chicken and pea pesto pasta	Spaghetti beef bolognese
	Alternative/ Vegetarian Meal	Moroccan mixed beans & vegetables, couscous with sweet potato	Coconut tofu, broccoli and vegetable curry with snow peas	Tofu, broccoli and vegetable yellow curry with brown rice	Tofu, pea and vegetable pesto pasta followed by orange slices	Vegetable napolitana with mixed beans with tomato
	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 and carrot sticks with tzatziki	Capsicum and cucumber sticks with hummus dip	Cheese cubes and sultanas	Smashed avocado and cream cheese on wholemeal wrap	Cucumber, carrot, hummus and 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	Brown rice crackers and carrot sticks with tzatziki	Hummus, brown crackers	Corn thins with cheese and vegemite	Smashed avocado and cream cheese with wholemeal wrap	Fruit platter
	Beverage	Water	Water	Water	Water	Water



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Week 3

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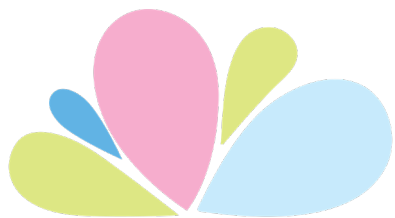
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9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
	0-1yr old – Options of Yoghurt, Banana Bread, Raisin Toast & Sandwiches	Brown rice crackers with smashed avocado dip	Wholemeal toast with baked beans	Greek yoghurt, muesli and fruit	Cucumber, wholemeal toast with condiments	Cheese and tomato with corn cakes
	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 schnitzel with broccoli and vegetables. Brown fried rice with tomato	Baked lamb meatballs with wholemeal pasta	Beef strips chow mein with brown rice	Tofu, bok choy and vegetable pad Thai with red capsicum	Mexican beef, mixed bean and vegetables with wholemeal pita bread
	Alternative/ Vegetarian Meal	Tofu, broccoli and vegetable brown fried rice with tomato	Lentil falafels, wholemeal pasta with snow peas	Chickpea, chow mein with brown rice and broccoli	Tofu, bok choy and vegetable pad thai with red capsicum	Mixed beans with wholemeal pita bread 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	Spinach and cheese wholemeal muffins	Corn thins with sliced cheese and tomato	Carrots with cheese and vegemite wholemeal wraps	Cottage cheese and brown rice crackers	Carrot and cucumber sticks with brown rice crackers and hummus
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Hummus cucumber and carrot sticks	Hummus with brown rice crackers	Wholemeal cheese and vegemite wraps	Cottage cheese and rice crackers	Fruit platter
	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, cornflakes & frozen fruit	Cinnamon wholemeal toast	w/m Cheese and tomato 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	Beef and vegetable rissoles followed by slices of oranges	Fish and vegetable tomato brown rice risotto	Beef and spinach curry with brown rice	Pumpkin & Lentil Soup with Basmati Rice	Creamy Salmon, corn & leek pasta
	Alternative/ Vegetarian Meal	Red kidney beans, mixed vegetables w brown rice	Lentil and vegetables tomato risotto followed by red capsicum	Lentil and spinach curry with brown rice	Lentil & green beans w jasmine rice	Creamy Lentil, corn & leek 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	Avocado and cucumber mini sushi rolls	Tomato and ricotta corn thins	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	Corn thins with condiments	Hummus and brown rice crackers	Capsicum & cucumber sticks, corn cake & tzatziki dip	Tomatoes, cheese cubes and sultanas	Creamy avocado w/m sandwiches
	Beverage	Water	Water	Water	Water	Water