

# 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.

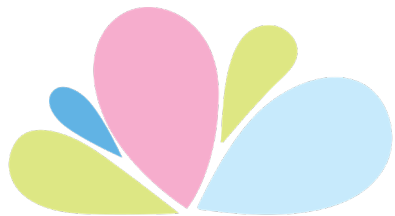
## Key Descriptions

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: (Vitabrits or toast)	Choice of cereals: (Vitabrits or toast)	Choice of cereals: (Vitabrits or toast)	Choice of cereals: (Vitabrits or toast)	Choice of cereals: (Vitabrits or toast)
9:00 am	Morning Tea	Seasonal Fruit and wholemeal toast	Veggie sticks with wholemeal toast	Seasonal fruit with raisin toast	Veggie sticks, wholemeal Toast with vegemite	Hummous sandwiches; carrot sticks, seasonal fruit
	0-1yr old	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables
		Assorted sandwiches/toast	Assorted sandwiches/toast	Assorted sandwiches/toast	Assorted sandwiches/toast	Assorted sandwiches/toast
	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 stir fry with assorted vegetables Orange slices	Vegetarian Risotto with cauliflower, corn and lentils Orange Slices	Savoury beef mince with Quinoa, mixed vegetables Orange Slices	Beef Tacos with lettuce, Tomatoes, cheeses and Greek yoghurt	Beef lasagne
	Alternative/ Vegetarian Meal	Baked tofu strips with assorted vegetables		Kidney Beans and vegetables with wholemeal couscous	Kidney Bean/Black beans to replace beef	Vegetarian Lasagne
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Veggie sticks with rice crackers	Veggie Sticks with wholemeal mixed sandwiches	Veggie sticks with brown rice crackers	Seasonal fresh fruit with wholemeal toast	Veggie sticks with hummous rice crackers +fruit
	0-1yr old	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables
		Assorted sandwiches/toast	Assorted sandwiches/toast	Assorted sandwiches/toast	Assorted sandwiches/toast	Assorted sandwiches/toast
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Dinner	Butter chicken with rice and quinoa and assorted vegetables	Beef stroganoff with rice Stroganoff Vegetables with rice and quinoa	Pumpkin soup with toast fingers and assorted vegetables	Assorted Vegetables Creamy Tuna wholemeal pasta bake, light milk Cauliflower and spinach	Assorted Vegetables Apricot beef with brown rice and assorted vegetables Apricot, vegetables and tofu with brown rice Orange slices
	Alternative/Vegetarian	Butter beans & vegetables with couscous				
	Beverage	Water	Water	Water	Water	Water



# Menu Plan 0-5 Years: Autumn/Winter

## Week 2

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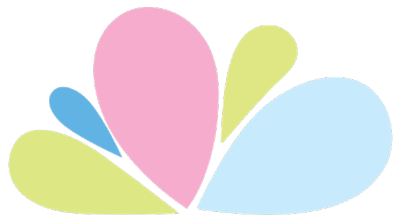
## Key Descriptions

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

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	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7am - 8am	Breakfast	Choice of : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)
9:00 am	Morning Tea	Veggie sticks with wholemeal Toast with vegemite	Veggie sticks and wholemeal toast	Veggie sticks with wholemeal toast	Veggie plate with hummus and brown rice crackers	Wholemeal Raisin toast with seasonal fresh fruit
	0-1yr old	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables
	Beverages	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water
11:30 am	Starter	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Lunch	Cheesy vegetable mornay with wholemeal noodles Orange Slices	Beef korma with lentils	Spaghetti Bolognese Orange slices	Shepherds Pie with filo pastry Orange slices	Lentil soup with toast finger Orange slices
	Alternative/ Vegetarian Meal		Vegetable korma with lentils Orange slices	Vegetable Bolognese with lentils	Shepherds Pie with filo pastry (vegan with lentils)	
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Veggie sticks with rice crackers +fruit	Seasonal fresh fruit with (low fat Greek) natural yoghurt +oats	Seasonal fresh fruit with wholemeal hummus sandwiches	Seasonal fresh fruit with whole meal vegemite sandwiches	Vegetable platter with corn thin and (low fat) cheese
	0-1yr old	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables
	Beverage	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water
4:45 pm	Dinner	Thai beef, vegetable & rice noodle stir fry	Pumpkin soup with toast fingers	Mixed vegetarian and meat wraps and salad	Apricot chicken with rice and vegetables	Chicken & vegetable but chicken
	Vegetarian/Alternative option	Vegetable & Rice Noodle stir fry			Stir fry vegetables with rice	Vegetable Indian Butte Quinoa
	Beverage	Water	Water	Water	Water	Water



# Menu Plan 0-5 Years: Autumn/Winter

## Week 3

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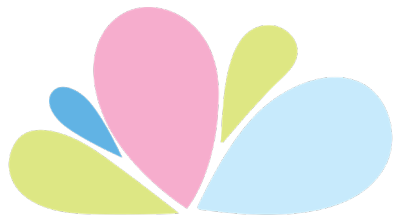
## Key Descriptions

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

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	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7am – 8am	Breakfast	Choice of : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)
9:00 am	Morning Tea	Veggie sticks Reduced fat Cheese and wholegrain Crackers	Seasonal fresh fruit Greek Yogurt	Seasonal fresh fruit with hummous and vegemite sandwiches	Veggie sticks Wholemeal Toast with avocado	Veggie sticks Low fat cheese and wholemeal/rice crackers
	0-1yr old	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables
	Beverages	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water
11:30 am	Starter	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Lunch	Mexican beef burritos with Greek yoghurt	Beef Tacos with lettuce, Tomatoes, cheeses and sour cream	Beef lasagne	Chicken Schnitzel Strips with assorted vegetables	Tuna bake with assorted vegetables
	Alternative/ Vegetarian Meal	Kidney beans/black beans burritos with Greek yoghurt	Vegetarian Tacos with lettuce, Tomatoes, cheeses and sour cream	Vegetarian lasagne	Pasta with tomato base and assorted vegetables	Creamy mushroom pasta with assorted vegetables
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fresh fruit with Rice cracker and cheese	Veggie sticks with wholemeal sandwiches	Seasonal fresh fruit with cheese and crackers	Veggie sticks, assorted fruits, raisin toast	Seasonal fresh fruit with rice crackers
	0-1yr old	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables
	Beverage	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water
4:45 pm	Dinner	Cheese Chicken & vegetable pasta bake cheesy vegetable pasta bake	Hokkien Noodles with beef & Asian greens Hokkien Noodles with Asian greens	Chicken & vegetable butter chicken Butter Quinoa	Mixed vegetarian wraps and salad	Apricot chicken with rice and vegetables Stir fry vegetables with rice
	Beverage	Water	Water	Water	Water	Water



# Menu Plan 0-5 Years: Autumn/Winter

## 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 : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)	Choice of : (Vitabrits or wholemeal toast)
9:00 am	Morning Tea	Veggie sticks Reduced fat Cheese and Crackers	Seasonal fresh fruit Greek Yogurt	Veggie sticks, assorted sandwiches on wholemeal bread	Assorted veggie sticks Wholemeal Toast with avocado	Seasonal fresh fruit Wholemeal English muffins with reduced fat melted cheese
	0-1yr old	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables
	Beverages	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water
11:30 am	Starter	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables	Seasonal vegetables
	Lunch	Cheesy Vegetable Bake	Pumpkin soup with toast fingers	Chicken casserole with sweet potato	Meatloaf with Quinoa	Tuna & vegetable pasta bake
	Alternative/ Vegetarian Meal			Mixed vegetables casserole with sweet potato	Tofu and vegetables with Quinoa	Vegetable pasta bake
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fresh fruit With assorted sandwiches	Veggie sticks with rice cakes and cheese	Veggie sticks with rice crackers and low fat cheese	Seasonal fresh fruit wholemeal toast	Veggie sticks with vegemite and hummous sandwiches
	0-1yr old	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables	Pureed seasonal fruits and vegetables
	Beverage	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water	Assorted sandwiches/toast Milk and water
4:45 pm	Dinner	Chicken noodle soup	Beef noodle with mixed vegetables	Cauliflower cheese macaroni	Apricot chicken with rice and vegetables	Tomato soup with toast
	Alternative/ Vegetarian Meal	Lentil noodle soup	Vegetable noodles with mixed vegetables		Stir fry vegetables with rice	
	Beverage	Water	Water	Water	Water	Water