

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.

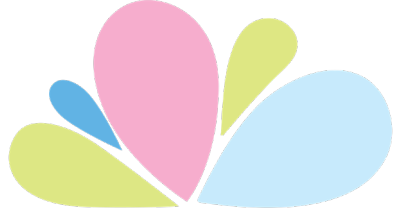
Key Descriptions

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 bran)	Choice of cereals: (weetbix or bran)	Choice of cereals: (weetbix or bran)	Choice of cereals: (weetbix or bran)	Choice of cereals: (weetbix or bran)
9:00 am	Morning Tea	Seasonal fruit W/m toast & cottage cheese	Seasonal fruit w/m toast with baked beans	Seasonal fruit Plain yoghurt, oats & fruit	Seasonal fruit w/m toast with bake beans 	Seasonal fruit Cheese & tomato With vita wheats
	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	Shepherd's pie  Mexican 4 bean, mixed vegetables and brown rice	Chicken, peas & spinach creamy pasta bake	Lamb & vegetable goulash w brown rice	Spinach & lentil curry w jasmine rice 	w/m Pasta bolognese (beef) & vegetable
	Alternative/ Vegetarian Meal	Mexican 4 bean, mixed vegetables and brown rice	Vegetable & chickpea cous cous	vegetable & lentils goulash with w/m pasta	Vitamin C rich vegetables	w/m Penne pasta w mixed bean & vegetables
	Beverage	Water	Water	Water	Water & orange slices	Water
2:30 pm	Afternoon Tea	Seasonal fruit Hummus, capsicum & carrot sticks & vitawheats	Seasonal fruit w/m wrap with cheese & cucumber sticks	Seasonal fruit w/m banana bread & vegie sticks & dried fruit	Seasonal fruit Cottage cheese & w/m bread & vegie sticks	Seasonal fruit eggplant dip with celery & cucumber sticks
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Dinner	 Salmon marinara with spaghetti	Veggie & lentil filo pastry puffs	Soy chicken & veggie rice 	Creamy veggie pasta bake	Chicken & veggie rice
	Beverage	Water	Water	Water	Water	Water



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Week 2






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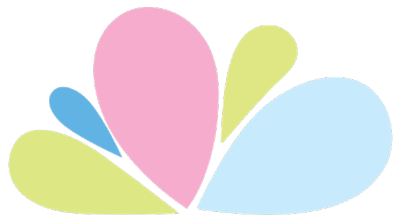
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7am – 8am	Breakfast	Choice of cereals: (weetbix or bran)	Choice of cereals: (weetbix or bran)	Choice of cereals: (weetbix or bran)	Choice of cereals: (weetbix or bran)	Choice of cereals: (weetbix or bran)
9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Baked beans on w/m toast	banana, cinnamon and orange muffins (w/m flour)	w/m toast with bake beans	Cheese & tomato w/m toasties	w/m wraps w cream cheese (reduced fat)
	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 stroganoff with  broccoli & pasta	Tuna pasta and veg	Chicken & veg stir fry w Singapore noodles 	Beef, potato & spinach stew with cous cous 	Curried lamb, mixed veg & chickpeas with w/m pasta
	Alternative/ Vegetarian Meal	Cheesy, bean & broccoli pasta	Kidney bean stroganoff with broccoli & spiral pasta	vegetable & lentil stir fry w jasmine rice	Chickpea & root vegetable stew with cous cous	Curried chickpeas & mixed vegetables with w/m pasta
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Cheese wraps & cucumber sticks/dried fruits	Spinach & feta w/m slice	Corn cake with hummus & veggie sticks	Creamy avocado dip, cucumber & carrot stick	Brown rice crackers & hummus dip & veggie sticks
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Dinner	Vege and bean filo pastry puffs	 Beef risotto	Moroccan rice with veggies & sultanas	Tuna & tomato pasta bake	Cheesy veggie risotto 
	Beverage	Water	Water	Water	Water	Water



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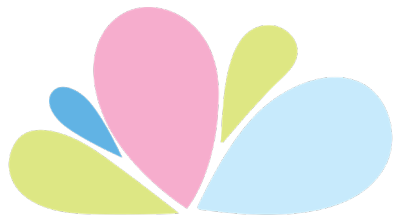
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9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Pear, cinnamon and orange muffins (w/m flour)	w/m rice cake w cheese slices & tomato wedges	w/m toast & cottage cheese	Cocoa, dried apricot & carrot muffins	w/m pikelets with mash banana
	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	 Japanese Lamb & Vegetable curry rice	chicken, peas & spinach creamy pasta	 Lamb, lentil & w basmati rice	Minestrone soup with 4 mixed bean	Beef & veg lasagne
	Alternative/ Vegetarian Meal	Japanese chickpeas & Vegetable curry with rice	Coconut tofu w winter veg & brown rice	Lentil & mushroom w basmati rice	Vitamin C rich vegetable 	bean & veg lasagne
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Brown rice crackers & carrot sticks w tzatziki dip	Capsicum & cucumber sticks with hummus dip	w/m orange & poppy seed cake (w/n flour)	Avocado & cream cheese (reduced fat) w/m sandwiches	Brown rice crackers with cucumber sticks & dried apricots
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Dinner	Chicken & lentil filo pastry puffs	Minestrone soup 	Chicken and veggie pasta bake	Chicken & veggie fried rice 	Beef stroganoff with pasta 
	Beverage	Water	Water	Water	Water	Water



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Week 4




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Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7am – 8am	Breakfast Choice of cereals: (weetbix or bran)	Choice of cereals: (weetbix or bran)	Choice of cereals: (weetbix or bran)	Choice of cereals: (weetbix or bran)	Choice of cereals: (weetbix or bran)
9:00 am	Morning Tea Seasonal fruit w/m toast with cheese	Seasonal fruit Cucumber & cheese sandwiches (w/m bread)	Seasonal fruit Apple, cinnamon and orange muffins (w/m flour)	Seasonal fruit w/m Cheese toasties & fresh fruit	Seasonal fruit Cheesymite filo puffs & fresh fruit 
	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 Feijoada- Brazilian beef & beans w rice 	Beef & spinach mujadara 	chicken nachos and mash potato	 Lamb, chickpea & veg w cous cous	Creamy salmon & broccoli w/m pasta bake
	Alternative/ Vegetarian Meal Butter bean & vegetable pasta	Lentil & spinach noodle soup	spinach, lentil & mushroom w brown rice	Chickpea & veg tagine w cous cous	Creamy cheese & veg pasta bake
	Beverage Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea Seasonal fruit cucumber sticks w morrocan carrot dip	Seasonal fruit apple & sultana slice (w/m flour)	Seasonal fruit Capsicum & cucumber sticks, corn cake & tahinii dip	Seasonal fruit Tomatoes, cheese cubes and sultanas	Seasonal fruit Creamy avocado w/m sandwiches
	Beverage Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Dinner Creamy salmon pasta with dill	Veggie & lentil cous cous	Beef & veggie filo pastry puffs	Butter chicken with rice 	 Beef stroganoff with brown rice
	Beverage Water	Water	Water	Water	Water