

# Menu Plan 0-5 Years: Spring/Summer

## 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.

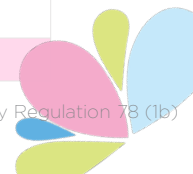
## Key Descriptions

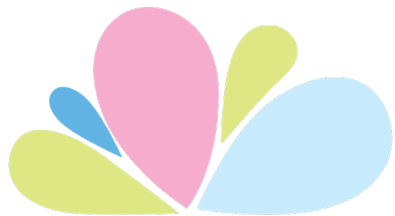
Condiments offered: Margarine, jam, vegemite  
 Toast/Breads offered: Whole meal  
 Milk served: Full cream (0-2s) Reduced Fat Milk (25s)  
 Formula: Stage appropriate S26 Gold  
 Egg & Nut free service

## 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: August 2021

	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7am – 8am	Breakfast	Choice of cereals: (weetbix or rice bubbles) Milk & Water	Choice of cereals: weetbix or rice bubbles Milk & Water	Choice of cereals: weetbix or rice bubbles Milk & Water	Choice of cereals: weetbix or rice bubbles	Choice of cereals: (weetbix or rice bubbles)
9:00 am	Morning Tea	Mandarins & bananas	Watermelon & Apples	Pears & Pineapples	Honeydew & Oranges	Mango & rockmelon
		Brown rice crackers & cottage cheese	Wholemeal toast w baked beans	Vanilla yogurt w oats	Wholemeal toast soldiers	Rice Cake with Cottage Cheese
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:00 am	Starter	Tomato & Cauliflower	Broccoli & Cucumber	Asparagus & tomatoes	Capsicum & Cucumber	Carrots & spinach
	Lunch	Mexican beef w broccoli & brown rice 	Butter Chicken & chickpea 	Lamb & Vegetable casserole w whole meal pita 	Noodles w Zucchini & baked bean 	Lamb lasagna w corn & sweet potatoe 
	Alternative/ Vegetarian Meal	Mexican 4 been mix w broccoli & brown rice	rice w mixed vegetable & chickpea	Mixed bean & Vegetable casserole w wholemeal pita bread	Noodles w Zucchini & baked beans	Lasagne w capsicum, corn & sweet potatoes
	Beverage	Water	Water	Water	Water	Water
2.00 pm	Afternoon Tea	Capsicum & carrot sticks w Hummus	Cheese & Cucumber sticks	Celery & carrot sticks w spinach dip	Wholemeal banana bread	Yoghurt w carrot sticks
	Beverage	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
					Milk and water	Milk and water
4:45 pm	Late Afternoon Snack	Homemade muesli bars	Dried fruit W apple	Corn cakes w avocado dip	Wholemeal pita bread w cream cheese	Celery w hummus dip
	Beverage	Water	Water	Water	Water	Water





# Menu Plan 0-5 Years: Spring/Summer

## Week 2

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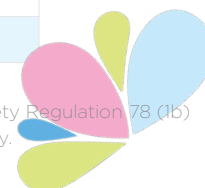
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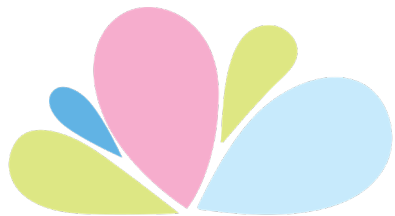
Condiments offered: Margarine, jam, vegemite  
 Toast/Breads offered: Whole meal  
 Milk served: Full cream (0-2s) Reduced Fat Milk (25s)  
 Formula: Stage appropriate S26 Gold  
 Egg & Nut free service

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	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7am – 8am	Breakfast	Choice of 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	Watermelon & apples	Pears & apples	Honeydew & oranges	Mandarins & rockmelon	Honeydew & bananas
		Baked beans on wholemeal toast	Yoghurt w muesli	Wholemeal toast w baked beans	Tomato Cheese toasties	Cheese Pancakes
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:00 am	Starter	Tomatoes & cauliflower	Snow peas & tomatoes	Broccoli & chickpeas	Cauliflower & tomatoes	Cucumber & cabbage
	Lunch	Tuna & broccoli pasta bake	Beef stroganoff w broccoli & spiral pasta	Sweet corn noodle soup w chicken 	Sweet & sour beef w Cous cous, Chickpea & capsicum	Curried chickpeas & mixed vegetables w rice 
	Alternative/ Vegetarian Meal	4 bean mix & broccoli pasta bake 	Kidney bean stroganoff w broccoli & spiral pasta	Sweet corn noodle soup w tofu	Cous cous w Chickpea & capsicum	
	Beverage	Water 	Water	Water	Water	Water
2:00 pm	Afternoon Tea	Orange & pears	Apples & rockmelon	Bananas & watermelon	Apples & Honeydew melon	Peaches & Oranges
		Lettuce & cucumber wraps	Spinach & feta wholemeal muffins	Corn cake w avocado dip	Ribbon sandwiches tomato/cheese/lettuce	Spinach Pikelets
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack	Wholemeal bread sticks	Cheese cubes & rice crackers	Raisin bread fingers with margarine spread	Rice crackers w dried fruit	Brown rice crackers & carrot sticks
	Beverage	Water	Water	Water	Water	Water





# Menu Plan 0-5 Years: Spring/Summer

## Week 3

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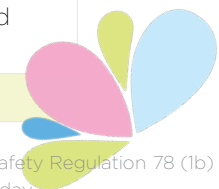
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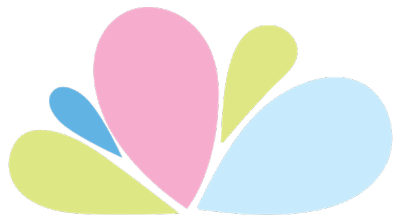
Condiments offered: Margarine, jam, vegemite  
 Toast/Breads offered: Whole meal  
 Milk served: Full cream (0-2s) Reduced Fat Milk (25s)  
 Formula: Stage appropriate S26 Gold  
 Egg & Nut free service

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	Meal	Monday	Tuesday	Wednesday	Thursday	Friday
7am – 8am	Breakfast	Choice of 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	Pears & Mango	Honeydew & oranges	Pineapple & rockmelon	Carrot & cucumber sticks w sweet corn dip	Apples & watermelon
		Wholemeal toast w cheese & tomato	English muffins	Dried fruit	Yoghurt w frozen fruit	Wholemeal pikelets
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:00 am	Starter	Capsicum & corn	Cucumber & cauliflower	Tomatoes & cucumber	Broccoli & carrots	Cucumber & snow peas
	Lunch	Japanese lamb curry w vegetables & rice 🇯🇵	Beef stir fry w Asian vegetables & brown rice	Beef meat balls w spinach gravy & damper 🇦🇺	Fettucine Napolitana w spinach & lentils	Chicken w vegetables & Jasmine rice 🇻🇳
	Alternative/ Vegetarian Meal	Japanese chickpeas & vegetable curry w rice	Asian stir fry vegetables w brown rice	Pigeon pea lentil w spinach gravy & damper 🇻🇳	Fettucine Napolitana w spinach & lentils 🇮🇹	Tofu w vegetables & jasmine rice
	Beverage	Water	Water	Water 🇺🇸	Water 🇮🇹	Water
2:00 pm	Afternoon Tea	Plums & rockmelon	Pears & rockmelon	Capsicum sticks	Pears & oranges	Rockmelon & pears
		Yoghurt w carrot sticks	Date & Oat slice	Rice pudding	Tomato on corn thins	Brown rice crackers w 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	Banana Pikelets	Brown rice crackers w cheese & sultanas	Capsicum & cucumber sticks w tzatziki dip	Guacamole wholemeal sandwiches	Raisin bread fingers w margarine spread
	Beverage	Water	Water	Water	Water	Water





# Menu Plan 0-5 Years: Spring/Summer

## 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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 Reviewed: February 2020. Next Review Date: August 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	Honeydew melon & oranges	Pineapples & Apples	Pears & rockmelon	Watermelon & Apples	Cucumber & Lettuce
		Uncle Tobys Weeties w milk	Corn flakes w milk	Yoghurt w frozen fruit	w/m Cheese toasties	Rice Cake with Cottage Cheese
	Beverages	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
11:00 am	Starter	Tomatoes & Broccoli	Asparagus & Cucumber	Artichokes & cucumbers	Carrot & tomatoes	Capsicum & Cabbage
	Lunch	Butter beef & vegetable p	Stir fried chicken w lentils, spinach & rice	Creamy tuna pasta w assorted vegetables	Chickpea & vegetable tagine w cous cous	Beef meatballs w capsicum & rice
	Alternative/ Vegetarian Meal	Butter tofu & vegetable pasta	Creamy chickpea, tomato & spinach w rice	Broccoli & Spinach pasta w chickpeas	Chickpea & vegetable tagine w cous cous	Mixed bean & capsicum w cheesy rice
	Beverage	Water	Water	Water	Water	Water
2:00 pm	Afternoon Tea	Seasonal fruit	Rockmelon & oranges	Oranges & apples	Pears & honeydew	Oranges & Mango
		Cheese & Tomato Scrolls	Capsicum & cucumber sticks w tzatziki dip	Homemade banana and oat muffins	Tomatoes, cheese cubes and sultanas	Guacamole 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	Cheese & Tomato Scrolls	Wholemeal crackers w dates	Capsicum & cucumber sticks, corn cake & tzatziki dip	Tomatoes, cheese cubes and sultanas	Creamy avocado w/m sandwiches
	Beverage	Water	Water	Water	Water	Water

