

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.

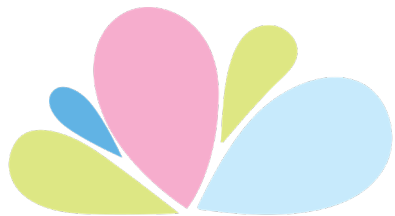
Key Descriptions

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, Oats, Bran)	Choice of Cereals: (Weetbix, Oats, Bran)	Choice of Cereals: (Weetbix, Oats, Bran)	Choice of Cereals: (Weetbix, Oats, Bran)	Choice of Cereals: (Weetbix, Oats, Bran)
9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Greek Yoghurt with oats and dried fruit	Wholemeal wraps with hummus	Wholemeal corn thins cheese cubes and sultanas	Raisin toast with margarine	Greek Yoghurt with mixed berries, oats and cinnamon
	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	Mushrooms, vegetables and beef stronganoff w brown rice and orange wedges	Lamb and vegetables casserole with wholemeal pasta and broccoli	Pumpkin and lentil soup with crusty croutons and capsicum sticks	Pasta Bolognese with steamed vegetables and cheese	4 beans and vegetables soup with bread sticks and orange wedges
	Alternative/ Vegetarian Meal	Mushrooms, capsicum and chickpea stroganoff & brown rice With orange wedges	Vegetable casserole with mixed beans and wholemeal pita bread with raw tomato sticks	Pumpkin and lentils soup with crusty croutons With Capsicum sticks	Pasta with tomato, spinach, vegetables and cheese with orange wedges	4 beans and vegetables soup with bread sticks And raw broccoli
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Brown crackers and avocado dip	Wholemeal scones and raisins	Wholemeal wraps with low fat ricotta cheese	Wholemeal blueberry muffins	Wholemeal corn thins with dried fruit
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Pasta with chicken, tofu and corn	Mushroom risotto	Chicken and broccoli stir fry with noodles	Salmon and vegetable risotto	Meat shepherd's pie
	Alternative/ Vegetarian Meal	Pasta with tofu and steamed vegetables	Mushroom risotto With capsicum sticks	Broccoli and mixed vegetable stir fry with noodles	Vegetable risotto With fresh tomato	Vegetarian shepherd's pie With steamed broccoli
	Beverage	Water	Water	Water	Water	Water



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Week 2

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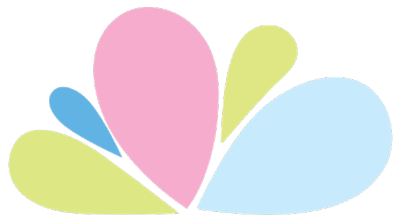
Key Descriptions

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
 Egg & Nut free service

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9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Greek Yoghurt with oats	Wholemeal wraps with vegemite	Wholemeal corn thins with cottage cheese	Raisin toast with margarine	Greek yoghurt with mixed berries, oat and cinnamon
	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	Mexican beef, black beans, mixed vegetables & wholemeal tortillas	Wholemeal tuna, tofu and broccoli pasta	Couscous with chickpeas, spinach beef, pumpkin and sweet potato	Cauliflower and spinach with cheesy brown rice and orange wedges	Pasta bolognese with steamed carrots
	Alternative/ Vegetarian Meal	Black beans, capsicum and mixed vegetables Tortillas and orange wedges	Cheesy broccoli, tofu, bean and tomato pasta with orange wedges	Couscous with chickpeas, spinach pumpkin and sweet potato orange wedges	Cauliflower and spinach with cheesy brown rice and orange wedges	Cheese and tomato pasta with steamed carrots, chickpeas and broccoli with orange wedges
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Brown crackers with cottage cheese	Carrot cake (flour, carrot, soy milk, honey)	Corn thins and avocado dip	Wholemeal Coconut and raspberry muffins	Wholemeal corn thins with ricotta cheese
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Creamy cheese and mushrooms pasta	Chicken and zucchini risotto	Curry chicken and vegetables risotto	Lemon dill and salmon pasta	Sheppard pie with mashed potato
	Alternative/ Vegetarian Meal	Creamy mushroom pasta With steamed broccoli	Zucchini cauliflower risotto	Mixed bean and vegetable risotto with capsicum sticks	Vegetables pasta with tomatoes	Mashed potato and steamed vegetables
	Beverage	Water	Water	Water	Water	Water



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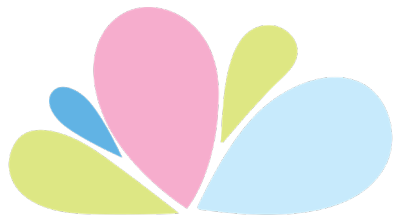
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9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Greek Yoghurt and dried fruit	Wholemeal wraps with vegemite	Wholemeal crackers with cottage cheese	Raisin toast with margarine	Greek Yoghurt with mixed berries, oat and cinnamon
	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, stir-fry vegetables and spinach with Hokkein noodles	Wholemeal pasta Bolognese with steamed carrots	Lamb with spinach, vegetables and quinoa risotto	Pumpkin and beef pasta	Chicken, sweet potato and broccoli couscous
	Alternative/ Vegetarian Meal	Stir-fry vegetables Hokkein noodles, spinach and cheese with orange wedges	Wholemeal pasta lentils and mixed steamed vegetables with orange wedges	Spinach, capsicum, cheese and vegetables quinoa risotto with orange wedges	Pumpkin, tofu, spinach and cheese pasta with raw cauliflower	Sweet potato, capsicum lentils and broccoli couscous and orange wedges
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Brown crackers with Avocado dip	Sultana, banana and coconut muffins	Rice cakes and cheese cubes	Wholemeal Blueberry muffins	Wholemeal crumpets with ricotta cheese
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	White fish and potato pie	Curried pumpkin soup	Italian Polenta with beef and vegetables	Black bean and vegetables burritos	Vegetable barley soup
	Alternative/ Vegetarian Meal	Vegetable and potato pie with tomato sticks	Curried pumpkin and cauliflower soup	Italian Polenta with vegetables and steamed cauliflower	Black bean and vegetables burritos with tomato sticks	Vegetable barley soup with capsicum sticks
	Beverage	Water	Water	Water	Water	Water



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9:00 am	Morning Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Greek Yoghurt & dried fruit	Wholemeal wraps with Cottage cheese	Wholemeal crackers and Avocado	Raisin toast and margarine	Greek Yoghurt with mixed berries, oat and cinnamon
	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	Pasta and bean soup with steamed cauliflower and orange wedges	Spaghetti Bolognese and steamed carrots	Polenta & spinach with meat balls and vegetables	Beef and vegetables cous cous	Lentils and vegetables soup with crusty croutons and orange wedges
	Alternative/ Vegetarian Meal	Pasta and bean soup With steamed cauliflower and orange wedges	Cheesy pasta with steamed carrots, capsicum and broccoli and orange wedges	Polenta with spinach, mixed vegetables and raw broccoli	Mixed vegetables and lentils with cous cous and orange wedges	Lentils and vegetables soup with crusty croutons and tomato sticks
	Beverage	Water	Water	Water	Water	Water
2:30 pm	Afternoon Tea	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit	Seasonal fruit
		Wholemeal rice crackers with avocado	Sultana bran muffins	Wholemeal crumpets with condiments	Sultanas and cheese cubes	Wholemeal crumpets with ricotta cheese
	Beverage	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
4:45 pm	Late Afternoon Snack/Dinner	Beef and veggie noodles	Cheesy brown rice with broccoli pesto	Polenta with meat balls and vegetables	Tuna mornay with peas and tofu and quinoa rice	Cheesy mushrooms pasta
	Alternative/ Vegetarian Meal	Veggie noodles With cherry tomatoes	Cheesy brown rice with broccoli pesto	Polenta with mixed vegetables and steamed broccoli	Celery, peas and quinoa rice with steamed cauliflower	Cheesy mushrooms pasta With capsicum sticks
	Beverage	Water	Water	Water	Water	Water