

SPRING MENU

WEEK 1



MORNING TEA

LUNCH

AFTERNOON TEA

INFANT PUREE

MONDAY

Fresh fruit platter,
cubed cheese and
wholegrain crackers



Pasta Salad with
vegetables, lentils,
feta and sun dried
tomatoes



Blueberry Yogurt
muffins



Zucchini, Carrot &
Potato

Apple & Pear

TUESDAY

Oat Banana Bread
with a Mango
Smoothie



Chicken Skewers
with Cheese and
Spinach & Rosemary
Potatoes



Rainbow Platter;
Veggie Sticks,
Beetroot Cream
Cheese & Pita Chips



Spinach & Sweet
Potato

Mashed Banana

WEDNESDAY

Fruit Salad served
with Greek Yogurt,
No-Nut Granola and
Maple Drizzle



Malaysian Hokkien
Noodles with Lamb &
Vegetables



Fruit Platter with
Triangle Cheese &
Crackers



Pumpkin Mash

Apple & Carrot

THURSDAY

Fruit Platter
Hummus & Crackers



Shredded Beef
Burritos with Corn,
Black Beans, Spinach
& Cheese



English Sandwiches,
filled with Cream
Cheese & Beetroot



Broccoli, Carrot &
Potato

Avocado Smash

FRIDAY

Fruit Toast
accompanied with
Orange and Pear
Slices



Fried Rice with
Chicken, Broccoli &
Green Beans



Fruit Platter, with
Rice Crackers and
Triangle Cheese

Cauliflower &
Spinach

Rockmelon & Pear

Gluten Free



Dairy Free




























Vegetarian



SPRING MENU

WEEK 2



	MORNING TEA	LUNCH	AFTERNOON TEA	INFANT PUREE
MONDAY	<p>Mango Pancakes served with a Banana Chia Smoothie</p> <p>  Option Available Option Available</p>	<p>Hawaiian Pizza</p> <p>  Option Available Option Available</p>	<p>Fruit Platter, Rice Crackers and Hummus Dip</p>	<p>Sweet Potato & Cauliflower</p> <p>Banana & Avocado</p>
TUESDAY	<p>Fruit Platter with Cinnamon and Cacao Ricotta</p> <p> Option Available</p>	<p>Butter Chicken with Brown Rice & Steamed Broccoli</p> <p>  Option Available Option Available</p>	<p>Cacao & Zucchini Slice with Pear and Banana Slices</p> <p>  Option Available Option Available</p>	<p>Zucchini & Carrot</p> <p>Apple & Rockmelon</p>
WEDNESDAY	<p>Mixed Berry Greek Yogurt with Baked Cinnamon Oats</p> <p>  Option Available Option Available</p>	<p>Fresh Salmon Pasta with Zucchini</p> <p>  Option Available Option Available</p>	<p>Fruit Platter, Guacamole & Corn Chips</p> <p>  Option Available Option Available</p>	<p>Potato & Spinach</p> <p>Pear & Mango</p>
THURSDAY	<p>Fruit Platter Hummus & Crackers</p> <p> Option Available</p>	<p>Swedish Meatballs with Mashed Potatoes and Green Peas</p> <p>  Option Available Option Available</p>	<p>Pita Bread Pockets Filled with Lean Ham and Cheese</p> <p>  Option Available Option Available</p>	<p>Broccoli & Pumpkin</p> <p>Peach & Banana</p>
FRIDAY	<p>Apple Crumble Served with Greek Yogurt, Pear & Rockmelon Slices</p> <p>  Option Available Option Available</p>	<p>Frittata with Short Cut Bacon and Seasonal Vegetables</p> <p>  Option Available Option Available</p>	<p>Rainbow Platter Served with Capsicum Dip & Toasted Naan Bread</p> <p> Option Available</p>	<p>Lentils & Sweet Potato</p> <p>Pumpkin & Pear</p>

Gluten Free



Dairy Free















Vegetarian



SPRING MENU

WEEK 3



	MORNING TEA	LUNCH	AFTERNOON TEA	INFANT PUREE
MONDAY	<p>Fruit Platter Served with Cubed Cheese & Brown Rice Crackers</p> <p>  Option Available Option Available</p>	<p>Bangkok Chicken Noodle Salad With Vegetables</p> <p>  Option Available Option Available</p>	<p>Wholemeal Sandwiches with Carrot & Cream Cheese</p> <p>  Option Available Option Available</p>	<p>Zucchini & Pumpkin</p> <p>Apple & Banana</p>
TUESDAY	<p>Passionfruit Yogurt Served with a No-Nit Granola and Maple Drizzle</p> <p>  Option Available Option Available</p>	<p>Lamb Risotto with Vegetables and Parmesan Cheese</p> <p>  Option Available Option Available</p>	<p>Blueberry Scones Served with Strawberries</p> <p> Option Available</p>	<p>Sweet Potato & Broccoli</p> <p>Mango & Pear</p>
WEDNESDAY	<p>Meadow Lane Platter of Fruit, Mozzarella, Cheery Tomatoes and Crackers</p> <p>  Option Available Option Available</p>	<p>Mini Mexican Pulled Pork Buns with Slaw</p> <p>  Option Available Option Available</p>	<p>Fruit Toast Served with a Banana Smoothie</p> <p>  Option Available Option Available</p>	<p>Cauliflower & Carrot</p> <p>Avocado & Rockmelon</p>
THURSDAY	<p>Raspberry & Ricotta Slice Served with a Berry & Banana Smoothie</p> <p>  Option Available Option Available</p>	<p>Lentil Curry with Rice and Silken Tofu</p>	<p>Fruit Platter, Tuna & Corn Dip served with Pita Chips</p> <p>  Option Available Option Available</p>	<p>Potato & Spinach</p> <p>Banana & Blueberries</p>
FRIDAY	<p>Fruit Platter with Blueberries & Cottage Cheese</p> <p> Option Available</p>	<p>Bolognese Pasta with Silverbeet and Cheedar Cheese</p> <p>   Option Available Option Available Option Available</p>	<p>Fruit Toast with Raspberries & Milk</p> <p> Option Available</p>	<p>Lentils & Carrot</p> <p>Apple & Pumpkin</p>

Gluten Free



Dairy Free















Vegetarian



SPRING MENU

WEEK 4



	MORNING TEA	LUNCH	AFTERNOON TEA	INFANT PUREE
MONDAY	<p>Fruit Platter Served with Cottage Cheese & Wholegrain Crackers</p> <p>  Option Available Option Available</p>	<p>Gnocchi with Mushrooms, Bacon, Spinach & Grated Parmesan Cheese</p> <p>   Option Available Option Available Option Available</p>	<p>Bliss Balls with Oats, Cacao served with Strawberry & Rockmelon Slices</p> <p> Option Available</p>	<p>Carrot & Potato</p> <p>Pear & Mango</p>
TUESDAY	<p>Overnight Oats with Blueberries and Strawberries</p> <p>  Option Available Option Available</p>	<p>Taco Shells Filled with Beef, Corn, Spinach, Black Beans Topped with Cheese</p> <p>   Option Available Option Available Option Available</p>	<p>Fruit Platter, Hummus Dip & Wholemeal Crostini</p> <p> Option Available</p>	<p>Zucchini & Spinach</p> <p>Banana & Rockmelon</p>
WEDNESDAY	<p>Fresh Fruit Salad Topped with Greek Yogurt No-Nut Granola</p> <p>  Option Available Option Available</p>	<p>Roasted Cauliflower and Potato Soup with Silken Tofu</p>	<p>Orange & Date Scones with Apple Slices</p> <p> Option Available</p>	<p>Sweet Potato & Cauliflower</p> <p>Apple & Avocado</p>
THURSDAY	<p>Carrot, Coconut & Orange Loaf served with a Banana Smoothie</p> <p>  Option Available Option Available</p>	<p>Teriyaki Chicken, Brown Rice and Veggie Bowls</p> <p> Option Available</p>	<p>Rainbow Platter of Veggie Sticks served with Cannellini Bean Dip</p>	<p>Broccoli & Pumpkin</p> <p>Peach & Pear</p>
FRIDAY	<p>Fruit Platter with Triangle Cheese & Crackers</p> <p>  Option Available Option Available</p>	<p>Baked Fish & Chips</p> <p> Option Available</p>	<p>Mini Wraps with Spinach & Cheese</p> <p>  Option Available Option Available</p>	<p>Lentils & Pumpkin</p> <p>Blueberry & Apple</p>

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