

SPRING MENU

WEEK 1

MONDAY

MORNING TEA

Fresh fruit platter,
cubed cheese and
wholegrain crackers

 Option Available
 Option Available

LUNCH

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

 Option Available
 Option Available

AFTERNOON TEA

Blueberry Yogurt
muffins

 Option Available
 Option Available

INFANT PUREE

Zucchini, Carrot &
Potato

Apple & Pear

TUESDAY

Oat Banana Bread
with a Mango
Smoothie

 Option Available
 Option Available

Chicken Skewers
with Cheese and
Spinach & Rosemary
Potatoes

 Option Available
 Option Available

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

 Option Available
 Option Available

Spinach & Sweet
Potato

Mashed Banana

WEDNESDAY

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

 Option Available
 Option Available

Malaysian Hokkien
Noodles with Lamb &
Vegetables

 Option Available
 Option Available

Fruit Platter with
Triangle Cheese &
Crackers

 Option Available
 Option Available

Pumpkin Mash

Apple & Carrot

THURSDAY

Fruit Platter
Hummus & Crackers

 Option Available

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

 Option Available
 Option Available

English Sandwiches,
filled with Cream
Cheese & Beetroot

 Option Available
 Option Available

Broccoli, Carrot &
Potato

Avocado Smash

FRIDAY

Fruit Toast
accompanied with
Orange and Pear
Slices

 Option Available

Fried Rice with
Chicken, Broccoli &
Green Beans

 Option Available

Fruit Platter, with
Rice Crackers and
Triangle Cheese

Cauliflower &
Spinach

Rockmelon & Pear

Gluten Free



Dairy Free



Vegetarian



SPRING MENU

WEEK 2

MONDAY

MORNING TEA

Mango Pancakes
served with a Banana
Chia Smoothie

 Option Available  Option Available

LUNCH

Hawaiian Pizza

 Option Available  Option Available

AFTERNOON TEA

Fruit Platter,
Rice Crackers and
Hummus Dip

INFANT PUREE

Sweet Potato &
Cauliflower

Banana & Avocado

TUESDAY

Fruit Platter with
Cinnamon and Cacao
Ricotta

 Option Available

Butter Chicken with
Brown Rice &
Steamed Broccoli

 Option Available  Option Available

Cacao & Zucchini
Slice
with Pear and
Banana Slices

Zucchini & Carrot

Apple & Rockmelon

WEDNESDAY

Mixed Berry Greek
Yogurt with Baked
Cinnamon Oats

 Option Available  Option Available

Fresh Salmon Pasta
with Zucchini

 Option Available  Option Available

Fruit Platter,
Guacamole & Corn
Chips

 Option Available  Option Available

Potato & Spinach

Pear & Mango

THURSDSDAY

Fruit Platter
Hummus & Crackers

 Option Available

Swedish Meatballs
with Mashed
Potatoes and Green
Peas

 Option Available  Option Available

Pita Bread Pockets
Filled with Lean Ham
and Cheese

 Option Available  Option Available

Broccoli & Pumpkin

Peach & Banana

FRIDAY

Apple Crumble
Served with Greek
Yogurt, Pear &
Rockmelon Slices

 Option Available  Option Available

Frittata with Short
Cut Bacon and
Seasonal Vegetables

 Option Available  Option Available

Rainbow Platter
Served with
Capsicum Dip &
Toasted Naan Bread

 Option Available

Lentils & Sweet
Potato

Pumpkin & Pear

Gluten Free



Dairy Free



Vegetarian



SPRING MENU

WEEK 3

MONDAY

MORNING TEA

Fruit Platter Served with Cubed Cheese & Brown Rice Crackers

 Option Available  Option Available

LUNCH

Bangkok Chicken Noodle Salad With Vegetables

 Option Available  Option Available

AFTERNOON TEA

Wholemeal Sandwiches with Carrot & Cream Cheese

 Option Available  Option Available

INFANT PUREE

Zucchini & Pumpkin

Apple & Banana

TUESDAY

Passionfruit Yogurt Served with a No-Nit Granola and Maple Drizzle

 Option Available  Option Available

Lamb Risotto with Vegetables and Parmesan Cheese

 Option Available  Option Available

Blueberry Scones Served with Strawberries

 Option Available

Sweet Potato & Broccoli

Mango & Pear

WEDNESDAY

Meadow Lane Platter of Fruit, Mozzarella, Cheery Tomatoes and Crackers

 Option Available  Option Available

Mini Mexican Pulled Pork Buns with Slaw

 Option Available  Option Available

Fruit Toast Served with a Banana Smoothie

 Option Available  Option Available

Cauliflower & Carrot

Avocado & Rockmelon

THURSDSDAY

Raspberry & Ricotta Slice Served with a Berry & Banana Smoothie

 Option Available  Option Available

Lentil Curry with Rice and Silken Tofu

Fruit Platter, Tuna & Corn Dip served with Pita Chips

 Option Available  Option Available

Potato & Spinach

Banana & Blueberries

FRIDAY

Fruit Platter with Blueberries & Cottage Cheese

 Option Available

Bolognese Pasta with Silverbeet and Cheddar Cheese

 Option Available  Option Available  Option Available

Fruit Toast with Raspberries & Milk

 Option Available

Lentils & Carrot

Apple & Pumpkin

Gluten Free



Dairy Free



Vegetarian



SPRING MENU

WEEK 4

MONDAY

MORNING TEA

Fruit Platter Served with Cottage Cheese & Wholegrain Crackers



LUNCH

Gnocchi with Mushrooms, Bacon, Spinach & Grated Parmesan Cheese



AFTERNOON TEA

Bliss Balls with Oats, Cacao served with Strawberry & Rockmelon Slices



INFANT PUREE

Carrot & Potato

Pear & Mango

TUESDAY

Overnight Oats with Blueberries and Strawberries



Taco Shells Filled with Beef, Corn, Spinach, Black Beans Topped with Cheese



Fruit Platter, Hummus Dip & Wholemeal Crostini



Zucchini & Spinach

Banana & Rockmelon

WEDNESDAY

Fresh Fruit Salad Topped with Greek Yogurt No-Nut Granola



Roasted Cauliflower and Potato Soup with Silken Tofu

Orange & Date Scones with Apple Slices



Sweet Potato & Cauliflower

Apple & Avocado

THURSDSDAY

Carrot, Coconut & Orange Loaf served with a Banana Smoothie



Teriyaki Chicken, Brown Rice and Veggie Bowls



Rainbow Platter of Veggie Sticks served with Cannellini Bean Dip

Broccoli & Pumpkin
Peach & Pear

FRIDAY

Fruit Platter with Triangle Cheese & Crackers



Baked Fish & Chips



Mini Wraps with Spinach & Cheese



Lentils & Pumpkin
Blueberry & Apple

Gluten Free

Dairy Free

Vegetarian