

























AUTUMN MENU

WEEK 1



	MORNING TEA	LUNCH	AFTERNOON TEA	INFANT PUREE
MONDAY	<p>Apple Cinnamon Yoghurt Cups</p> <p> Option Available</p>	<p>Coconut Pumpkin Soup Served with Noodles</p>	<p>Fruit Platter, Served with Wholegrain Crackers & Cheese Cubes</p> <p> Option Available  Option Available</p>	<p>Spinach, Potato & Pumkin</p> <p>Avocado</p>
TUESDAY	<p>Autumn Fruit Platter with Rice-Cake Bruschetta (Pear, Ricotta and Cacao)</p> <p> Option Available  Option Available</p>	<p>Mild Beef & Lentil Bolognese with Spirals</p> <p> Option Available  Option Available</p>	<p>Mandarin Cake with Coconut</p> <p> Option Available</p>	<p>Pumpkin & Potato</p> <p>Mashed Banana</p>
WEDNESDAY	<p>Baked Beans Served with Crumpets & Cheese</p> <p> Option Available  Option Available</p>	<p>Chicken Stroganoff with Steamed Potatoes & Baby Peas</p> <p> Option Available  Option Available</p>	<p>Fruit Platter Served with Toasted Wholegrain Crostini</p> <p> Option Available  Option Available</p>	<p>Broccoli & Zuchini</p> <p>Apple & Carrot</p>
THURSDAY	<p>Wholegrain Toast Topped with Avocado</p> <p> Option Available</p>	<p>Rogan Josh Lamb Curry in Creamy Tomato Sauce</p> <p> Option Available  Option Available</p>	<p>Fruit Platter, Hummus, Rice Crackers</p> <p> Option Available  Option Available</p>	<p>Corn & Potato</p> <p>Mango & Banana Mash</p>
FRIDAY	<p>Raisin Toast, Served with Apple Slices</p> <p> Option Available</p>	<p>Savoury Strudel with Meat, Vegetables, Cheese & Spinach</p> <p> Option Available  Option Available</p>	<p>Mini Sandwiches Filled with Cheese & Cucumber</p> <p> Option Available  Option Available</p>	<p>Cauliflower & Spinach</p> <p>Rockmelon & Pear</p>

Gluten Free 

Dairy Free 

Vegetarian 

AUTUMN MENU

WEEK 2



	MORNING TEA	LUNCH	AFTERNOON TEA	INFANT PUREE
MONDAY	<p>Fruit Platter Served with Cheese & Crackers</p> <p> Option Available Option Available</p>	<p>Beef Quesadilla with Black Beans, Spinach and Corn</p> <p> Option Available Option Available</p>	<p>Three-Veggie Muffin & Apple Slices</p> <p> Option Available</p>	<p>Sweet Potato & Spinach</p> <p>Mango & Banana</p>
TUESDAY	<p>Banana Bread with Warm Milk</p> <p> Option Available Option Available</p>	<p>Penne with Tuna, Mushroom & Baby Peas</p> <p> Option Available</p>	<p>Fruit Platter with Hommus</p> <p> Option Available Option Available</p>	<p>Kale & Potato</p> <p>Apple & Rockmelon</p>
WEDNESDAY	<p>Greek Yoghurt with Banana & Coconut</p> <p> Option Available</p>	<p>Ratatouille Chicken Casserole</p> <p> Option Available</p>	<p>Seasonal Fruit Platter with Carrot Sticks & Cucumber with lemon dressing</p>	<p>Pumpkin Mash</p> <p>Blueberry & Banana</p>
THURSDAY	<p>Cheese Toastie</p> <p> Option Available</p>	<p>Tomato Basil Rice Served with Parmesan Cheese</p> <p> Option Available</p>	<p>Fruit Platter with Pita Chips dipped in Vegemite & Cheese Dip</p> <p> Option Available Option Available</p>	<p>Cauliflower & Green Beans</p> <p>Pear & Apple</p>
FRIDAY	<p>Fruit Toast & Bruschetta with Beetroot & Cream Cheese</p> <p> Option Available Option Available</p>	<p>Cabbage Rolls with Pork and Rice</p> <p> Option Available</p>	<p>Pizza Bread Served with Rockmelon & Mandarin</p> <p> Option Available</p>	<p>Lentils & Sweet Potato</p> <p>Pumpkin & Pear</p>

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WEEK 3



	MORNING TEA	LUNCH	AFTERNOON TEA	INFANT PUREE
MONDAY	<p>Warm Oats with Banana & Apple</p> <p> Option Available Option Available</p>	<p>Chicken Soup Served with Wholegrain Crostini</p> <p> Option Available Option Available</p>	<p>Seasonal Fruit platter</p> <p> Option Available Option Available</p>	<p>Zucchini, Carrot & Potato</p> <p>Avocado</p>
TUESDAY	<p>Fruit platter & Yoghurt Dip</p> <p> Option Available Option Available</p>	<p>Chicken Pumpkin Pasta</p> <p> Option Available</p>	<p>Fruit Platter with Cherry Tomato, Cucumber & Cheese Salad</p> <p> Option Available</p>	<p>Sweet Potato & Broccoli</p> <p>Mango & Pear</p>
WEDNESDAY	<p>Greek Yoghurt with Blueberries & Banana</p> <p> Option Available</p>	<p>Chinese Pork Fried Rice</p> <p> Option Available</p>	<p>Fruit Platter, Served with Toasted Wholegrain Crostini</p> <p> Option Available</p>	<p>Cauliflower & Carrot</p> <p>Apple & Carrot</p>
THURSDAY	<p>Fruit Platter, Served with Cheese Cubes</p> <p> Option Available Option Available</p>	<p>Soft Beef Mini Tacos with Avocado, Black Beans & Cheese</p> <p> Option Available Option Available Option Available</p>	<p>Apple & Cinnamon Muffins</p> <p> Option Available</p>	<p>Pumpkin & Sweet Potato</p> <p>Banana & Blueberries</p>
FRIDAY	<p>Fruit Toast Served with Orange & Apple Slices</p> <p> Option Available</p>	<p>Mediterranean Vegetarian Pasta with Parmesan</p> <p> Option Available Option Available</p>	<p>Seasonal Fruit Platter</p>	<p>Lentils & Carrot</p> <p>Apple & Pumpkin</p>

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WEEK 4



	MORNING TEA	LUNCH	AFTERNOON TEA	INFANT PUREE
MONDAY	<p>Apple Crumble Served with Spiced Yoghurt & Cinnamon</p> <p> Option Available Option Available</p>	<p>Baked Beef Rice with Vegetables & Baby Peas</p> <p> Option Available</p>	<p>Mixed Sandwich Platter with Rockmelon & Pear</p> <p> Option Available</p>	<p>Pumkin & Potato</p> <p>Pear & Apple</p>
TUESDAY	<p>Fruit Toast</p> <p> Option Available</p>	<p>Chickpea Soup with Silken Tofu</p>	<p>Fruit Platter Served with Rice-Crackers Topped with Cheese</p> <p> Option Available</p>	<p>Zucchini, Spinach & Sweet Potato</p> <p>Avocado</p>
WEDNESDAY	<p>Fruit Platter Served with Crackers</p> <p> Option Available Option Available</p>	<p>Chicken Doner Kebab</p> <p> Option Available Option Available</p>	<p>Sandwiches Filled with Lean Ham & cucumber, Served with Fruit slices</p> <p> Option Available</p>	<p>Cauliflower & Carrot</p> <p>Apple & Banana</p>
THURSDAY	<p>Fruit Platter & Hummus</p> <p> Option Available</p>	<p>Singapore Lamb Curry with Stir-Fry Noodles</p> <p> Option Available</p>	<p>Seasonal Fruit Platter with Wholemeal Pikelets, Bacon, Spinach and Cheese</p> <p> Option Available Option Available</p>	<p>Broccoli & Potato</p> <p>Rockmelon & Blueberry</p>
FRIDAY	<p>Greek Yoghurt Topped with Fruit Salad, Oats & Maple Syrup</p> <p> Option Available Option Available</p>	<p>Penne with Pork, Mushroom & Asparagus</p> <p> Option Available</p>	<p>Fruit Platter Served alongside Roti Bread with Cheese</p> <p> Option Available</p>	<p>Lentils & Pumpkin</p> <p>Blueberry & Apple</p>

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