

WINTER MENU

WEEK 1



MORNING TEA

LUNCH

AFTERNOON TEA

INFANT PUREE

MONDAY

Porridge with Pear & Cinnamon



Ministrioni with Risoni



Mandarin, Oranges & Banana with Lebanese crackers & Beet Hommus



Spinach, Potato & Pumpkin

Avocado

TUESDAY

Winter Fruit Platter with Cheese Cubes & Crackers



Chicken Raman Noodles



Banana Oat Muffins



Pumpkin & Potato

Mashed Banana

WEDNESDAY

Fruit Platter served with Avocado & Corn Chips

Chicken Burrito's



Healthy Sandwiches with Cream Cheese, Carrot & Cucumber



Broccoli & Zucchini

Apple & Carrot

THURSDAY

Cheese Toastie with Apple Wedges



Lamb Korma with Rice Pilaf



Fruit Platter with Carrots, Cucumbers and Dried Fruits

Corn & Potato

Mango & Banana Mash

FRIDAY

Mixed Berries in Greek Yogurt Topped with Puffed Rice



Cottage Pie



Fruit Platter with Hommus & Crackers



Cauliflower & Spinach

Rockmelon & Pear

Gluten Free



Dairy Free



Vegetarian



WINTER MENU

WEEK 2



	MORNING TEA	LUNCH	AFTERNOON TEA	INFANT PUREE
MONDAY	Fruit Platter with Avocado Rice Cracker Bruschetta	Eggplant Pasta topped with Grated Cheese  Option Available	Zucchini & Cacao Slice	Sweet Potato & Spinach Mango & Banana
TUESDAY	Green Apple & Mandarin Served with Yogurt	Beef Keema Curry with Peas & Tomatos Topped with a Crispy Wrap  Option Available  Option Available	Fruit Platter with Cheese & Crostoni  Option Available  Option Available	Kale & Potato Apple & Rockmelon
WEDNESDAY	Crumpets Topped with Raspberry Marmalade served with Rockmelon  Option Available	Lamb & Vegetable Stew  Option Available	Winter Fruit Slice  Option Available	Pumpkin Mash Blueberry & Banana
THURSDAY	Fruit Toast with Orange Slices  Option Available	Carrot, Potato & Paprika Soup with Roasted Chicken & Wholemeal Crostini  Option Available	Seasonal Fruit Platter with Rice Crackers	Cauliflower & Green Beans Pear & Apple
FRIDAY	Fruit Toast Served with Orange Slices  Option Available	Fish Taco's with Cabbage & Soy Mayonnaise  Option Available  Option Available	Seasonal Fruit Platter with Rice Crackers	Lentils & Sweet Potato Pumpkin & Pear

Gluten Free 

Dairy Free 

Vegetarian 

WINTER MENU

WEEK 3



	MORNING TEA	LUNCH	AFTERNOON TEA	INFANT PUREE
MONDAY	Fruit Platter Served with Crackers & Cubed Cheese   Option Available Option Available	Coconut Chicken Curry Served on Basmati Rice  Option Available	Ham & Cheese Pockets with Spinach & Pear Slices   Option Available Option Available	Zucchini, Carrot & Potato Avocado
TUESDAY	Greek Yogurt Topped with Fruit Salad & Oat Crumble   Option Available Option Available	Slow Cooked Mexican Beef Soup With Black Beans & Corn  Option Available	Banana & Oat Bars  Option Available	Sweet Potato & Broccoli Mango & Pear
WEDNESDAY	Winter Fruit Platter with Ricotta & Cacao  Option Available	Beef Lasagna   Option Available Option Available	Rainbow Platter Of Fruit Slices & Steamed Veggies	Cauliflower & Carrot Apple & Carrot
THURSDAY	Fruit Platter, Served With Wholegrain Crackers & Cheese   Option Available Option Available	Lamb & Vegetable Stir Fry with Rice  Option Available	Apple & Cinnamon Muffins  Option Available	Pumpkin & Sweet Potato Banana & Blueberries
FRIDAY	Raisin Toast Served with Apple Slices  Option Available	Cannellini, Potato and Carrot Served with Rice & Barley	Seasonal Fruit Platter with Hommus & Crackers  Option Available	Lentils & Carrot Apple & Pumpkin

Gluten Free



Dairy Free



Vegetarian



WINTER MENU

WEEK 4



	MORNING TEA	LUNCH	AFTERNOON TEA	INFANT PUREE
MONDAY	Cranberry & Apple Crumble  Option Available	Chicken Cacciatore Served on Polenta  Option Available	Fruit Platter with Guacamole & Corn Chips	Pumkin & Potato Pear & Apple
TUESDAY	Greek Yogurt Topped with Passionfruit & Banana	Hong Kong Beef Noodles with Broccoli  Option Available  Option Available	Rainbow Platter with Greek Salad	Zucchini, Spinach & Sweet Potato Avocado
WEDNESDAY	Fruit Toast with Apple & Pear Slices  Option Available	Potato & Leek Soup with Crostini & Grated Cheese  Option Available	Roti Bread & Winter Fruit Platter  Option Available	Cauliflower & Carrot Apple & Banana
THURSDAY	Seasonal Fruit Plater  Option Available	Lamb Ragu Pasta  Option Available	Pizza Scrolls with Apple Slices  Option Available  Option Available	Broccoli & Potato Rockmelon & Blueberry
FRIDAY	Fruit Platter with Cheese  Option Available  Option Available	Lemon & Herb Crumbed Fish with Bakes Sweet Potato  Option Available	English Muffin Platter with Pear Slices  Option Available	Lentils & Pumpkin Blueberry & Apple

Gluten Free 

Dairy Free 

Vegetarian 