



MENU

Week One - Winter



Created with **Karla Gilbert**,
dietician-approved

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Ham and Corn Scuffins + Orange Smiles	Apple Blueberry Oat Crumble + Homestyle Vanilla Custard	Homemade Baked Beans On English Muffin	Super C Mango Smoothie + Orange Quarters	Cheesymite Scrolls + Two Fruits
Lunch	Baked Lentil Ziti (brown lentils, tomato, mushroom, carrot, celery, cheese, cauliflower, cottage cheese, onion, garlic, fibre enriched pasta)	Beef Balls with Kidney Beans and Mash (lean beef, kidney beans, onion, tomato, egg, mixed herb, potato, cheese, wholemeal bread)	Winter Chicken and Leek Pie (chicken breast, leek, carrots, zucchini, peas, potato, celery, garlic, filo pastry)	Moroccan Lamb + Couscous (lamb, celery, onion, garlic, tomato, carrot, pumpkin, zucchini, chickpeas, ginger, cumin, couscous)	Tuna and Vegetable Pasta Bake (lean beef, noodles, garlic, carrot, peas, broccoli, cauliflower, cabbage, onions, oyster sauce, curry powder)
Afternoon Tea	Wholemeal Baked Grissini Sticks + Carrot and White Bean Dip + Assorted Fruit Platter	Cheese and Tomato Mini Pizzas	DIY Watermelon Pizza w Strawberries w Yoghurt + Raw Choc Sauce + Wholegrain Rice Crackers	Organic Brown Rice Cakes + Grated Cheese	Wholemeal Carrot and Sultana Muffins + Rainbow Veggie Dippers + Cheesy Fondue Dip

Our focus is on providing children with simple, nutrient-rich, unprocessed and seasonal whole foods. There is a focus on balancing the types of foods eaten throughout the week, promoting healthy eating through novel ways of presentation and colours. Our menus meet nutritional guidelines and are high-quality and nutrient-dense. Our early learning centres provide many opportunities for children to experience a range of healthy foods, including DIY menu options.