



# MENU

## Week One - Autumn



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

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Morning Tea</b>	Blueberry Oat Smoothie + Seasonal Fruit Slices	Pear and Apricot Yoghurt Cup + Wholemeal Cream Cheese and Vegemite Sandwiches	Cheese and Spinach Scones + Cheese Sticks + Assorted Snacking Veggies	Seasonal Fruit Quarters + Greek Yoghurt + Organic Brown Rice Cakes	Bouncing Blueberry Muffins + Two Fruits
<b>Lunch</b>	Mark's Teriyaki Chicken Bowl (Chicken, rice, avocado, mayonnaise, teriyaki) + Chopped Side Salad	Rich Italian Beef Ragu (beef, brown lentils, tomatoes, mushrooms, carrots, celery, cauliflower, wholemeal spaghetti, onion, garlic, cheese, paprika)	Junior Beef Wellington (Lean beef mince, potatoes, mixed vegetables, garlic, onion, puff pastry, slice of wholemeal bread)	Mexican Kiddy Con Carne (lean beef mince, red kidney beans, garlic, onion, tomato, cheese, carrots, zucchini, wholegrain tortilla, cumin)	Tuna and Vegetable Pasta Bake (tuna, macaroni, corn, peas, cheese, onion, cauliflower, milk)
<b>Afternoon Tea</b>	Carrot and White Bean Dip + Wholemeal Baked Grissini Sticks + Glass of Milk	Rainbow Veggie Sticks + Avocado Dip + Wholegrain Crackers	DIY Banana Split with Strawberries and Yoghurt + Choc Sauce	Cheese and Tomato Mini Pizzas + Seasonal Fruit Platter	Rainbow Veggie Sticks + Cheesy Fondue Dip + Wholemeal Pita Crisps

*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.*