

SUMMER MENU

Week One



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

**Our menus provide gluten-free, dairy-free and vegetarian options for all meals and snacks.*

Week One	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Chocolate and Sweet Potato Muffins + Assorted Fresh Fruits	Seasonal Vegetable and Fruit Platter + Cruskits and Assorted Spreads	DIY Apple Nachos and Yoghurt	Easy Anzac Bars + Summer Fruit Salad	Greek Yoghurt + Fresh Seasonal Fruit Salad
Lunch	Summer Bolognese + Side Salad (lean beef mince, red lentils, tomato, garlic, onion, lettuce, carrots, fibre enriched pasta, cheese, herbs)	Wholegrain Chicken and Salad Wraps (wholegrain wraps, sliced chicken or ham, lettuce, tomato, carrot, hummus, cheese)	Beef and Veggie Stir-fry (noodles, lean beef, carrots, broccoli, corn, capsicum, soy sauce, garlic)	Vegetarian Lentils (red lentils, tomatoes, potatoes, carrots, celery, cheese, onion, garlic, wholemeal pita bread)	Veggieful Pasta Bake (lean beef mince, garlic, peas, carrots, cauliflower, onion, herbs, pasta, red lentils, cheese, tomato)
Afternoon Tea	Summer Fruit Platter + Greek Yoghurt + Corn Thins and Assorted Spreads	Chocolate Banana Smoothie + Fresh Fruit Platter	Cheese and Spinach Scones + Glass of Milk + Assorted Fresh Fruits	Assorted Fruit and Cheese Platter + Cruskits with Avocado Dip	Zucchini Bread + Assorted Fruit Platter



Our focus is on providing children with simple, nutrient-rich, and seasonal whole foods that meet nutritional guidelines. Our chefs endeavour to meet the individual needs of children with food allergies confirmed by a medical practitioner. The service will actively adhere to the medical recommendations and ensure that it is communicated to those persons who directly care for the child.