

AUTUMN 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 Three	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Wholemeal Zebra Sandwiches + Assorted Seasonal Fruit	Seasonal Fruit & Vegetable Platter + Corn Thins w Assorted Spreads	Cheese and Spinach Scones + Seasonal Fruit and Vegetable Platter	Banana Oat Smoothie + Seasonal Fruit + Corn Thins w Assorted Spreads	Assorted Fresh Fruit w Greek Yoghurt + Raisin Toast
Lunch	Tuna Mornay (tuna, fibre enriched pasta, peas, carrots, onion, spinach) + Chopped Side Salad	Aussie Sandwiches (wholemeal bread, ham or beef, lettuce, tomatoes, cheese, carrot) + Glass of milk	Junior Beef Wellington (lean beef mince, potatoes, mixed vegetables, garlic, onion, puff pastry, slice of wholemeal bread)	Teriyaki Chicken w Brown Rice + Side Salad (chicken, brown rice, avocado, five spice, teriyaki, lettuce, carrot, tomato)	Beef Ragu (fettucine, lean beef mince, red lentils, tomatoes, mushrooms, carrots, celery, onion, garlic, cauliflower, cheese)
Afternoon Tea	Avocado Dip + Water Crackers + Cheese & Fruit Platter	Chocolate and Sweet Potato Muffins + Seasonal Fruit	Assorted Seasonal Fruit + Cheese, Cruskits and Assorted Spreads	Assorted Seasonal Fruit, Cheese and Vegetable Platter + Oat and Weetbix Slice	Corn Thins w Cottage Cheese & Cucumber + Seasonal Fruits



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.