



SPRING MENU WEEK 1

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Fresh fruit, assorted cereals and toast with various spreads

MORNING TEA

Delicious Apple & Berry Oat Pots

Healthy Dips with Wholegrain Crackers, Cheese, Veggie Sticks & Seasonal Fruit

Sourdough Soldiers with Spreads & Seasonal Fruit

Apple & Pear Crumble with Natural Yoghurt

Seasonal Fresh Fruit served with Natural Yoghurt

LUNCH

Beef Nasi Goreng

Cheesy Cauliflower & Veggie Pasta Bake

Thai Green Fish Curry served with Rice

Healthy Beef & Veggie Nachos

Lamb Tagine with Couscous

Vegetarian option

Kidney Bean Nasi Goreng

Cheesy Cauliflower & Veggie Pasta Bake

Thai Vegetable & Tofu Green Curry served with Rice

Healthy Bean & Veggie Nachos

Vegetable Tagine with Couscous

AFTERNOON TEA

Mini Cheese & Veggie Pizzas with Seasonal Fruit

Fruity Muesli Scones

Super Healthy Banana, Apricot & Coconut Bars

Pumpkin & Banana Wholemeal Loaf

Selection of Healthy Sandwiches with Seasonal Fruit

LATE SNACK

Seasonal fruit with cheese and rice crackers

Puree and Alternative available for every meal. Beverages = Milk, Water, Express breast milk and formula . Menu may change based on seasonal availability.



SPRING MENU WEEK 2



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Fresh fruit, assorted cereals and toast with various spreads

MORNING TEA

Italian Herb & Cheese Toasties with Seasonal Fruit

Heathy Dips with Veggie Sticks & Mountain Bread Chips with Seasonal Fruit

Pear & Berry Muesli Pots

Wholemeal Flat Bread, Veggies & Cheese Sticks served with Seasonal Fruit

Mini Cheese & Veggie Pizzas served with Seasonal Fruit

LUNCH

Red Lentil Curry with Rice

Beef & Veggie Pasta

Braised Lamb & Veggies with Cous Cous

Chicken & Spring Veggie Noodle Stir-fry

Beef & Kidney Bean Con Carne served with Rice

Vegetarian option

Red Lentil Curry with Rice

Lentil & Veggie Pasta

Veggie Stew with Cous Cous

Tofu & Spring Veggie Noodle Stir-fry

Vegetable & Kidney Bean Con Carne served with Rice

AFTERNOON TEA

Healthy Zucchini, Apple & Banana Mini Muffins

Apple & Banana Loaf

Apple & Oat Biscuits served with Seasonal Fruit

Power Fruit Bars

Seasonal Fruit and Natural Yoghurt

LATE SNACK

Seasonal fruit with cheese and wholegrain rice crackers

Puree and Alternative available for every meal. Beverages = Milk, Water, Express breast milk and formula . Menu may change based on seasonal availability.



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NUTRITION

SPRING MENU WEEK 3

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Fresh fruit, assorted cereals and toast with various spreads

MORNING TEA

Wholegrain Crackers & Cheese with Seasonal Fruit

Mini Cheese & Veggie Pizzas with Seasonal Fruit

Delicious Apple & Berry Oat Pots

Cheesy Bread served with Seasonal Fruit

Apple & Pear Crumble with Natural Yoghurt

LUNCH

Lamb & Rice Pilaf

Beef & Veggie Mince with Flatbread & Hummus

Warm Veggie Lover Pasta Salad

Tandoori Fish with Rice & Vegetables

Pork Vermicelli Noodles with Veggies

Vegetarian option

Chickpea & Rice Pilaf

Kidney Bean & Veggies with Flatbread & Hummus

Warm Veggie Lover Pasta Salad

Vegetable & Tofu Tandoori with Rice

Tofu Vermicelli Noodles with Veggies

AFTERNOON TEA

Oaty Banana Bars

Raspberry & Banana Loaf

Healthy Dips with Veggie Sticks & Flat Bread with Seasonal Fruit

Carrot, Date & Banana Loaf

Selection of Healthy Sandwiches with Seasonal Fruit

LATE SNACK

Seasonal fruit with cheese and rice crackers

Puree and Alternative available for every meal. Beverages = Milk, Water, Express breast milk and formula . Menu may change based on seasonal availability.



SPRING MENU WEEK 4



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

BREAKFAST

Fresh fruit, assorted cereals and toast with various spreads

MORNING TEA

Cheese, Sultanas & Wholegrain Crackers served with Seasonal Fruit

Mini Veggie & Cheese Wholemeal Pizzas with Seasonal Fruit

Natural Yoghurt served with Seasonal Fruit

Wholemeal Crumpets & Assorted Spreads served with Seasonal Fruit

Delicious Apple & Berry Oat Pots

LUNCH

Pumpkin, Leek & Feta Risotto

Spaghetti Bolognese Packed with Veggies

Lamb & Cauliflower Curry with Rice

Mexican Chicken & Bean Burritos served with Lettuce, Tomato & Salsa

Meaty Homemade Butter Beans & Veggies

Vegetarian option

Pumpkin, Leek & Feta Risotto

Spaghetti Napoletana Packed with Veggies

Chickpea & Cauliflower Curry with Rice

Bean Burritos served with Lettuce, Tomato & Salsa

Homemade Butter Beans & Veggies

AFTERNOON TEA

Healthy Carrot & Sultana Mini Muffins

Power Fruit Bars

Berry Berry Banana Loaf

Banana & Date Scones

Cheesy Tomato Toasties served with Seasonal Fruit

LATE SNACK

Seasonal fruit with cheese and rice crackers

Puree and Alternative available for every meal. Beverages = Milk, Water, Express breast milk and formula . Menu may change based on seasonal availability.