



AUTUMN/WINTER

WEEK 1 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**MORNING
TEA**

Zucchini and
banana muffin

Water + Hot cocoa

Wholemeal toast
with avocado, tahini
+ hemp seeds

Water + Hot cocoa

Overnight oats
with chia + stewed
apple

Water + Hot cocoa

Fruit toast with
nuttelex + banana

Water + Hot cocoa

Toast with tahini,
baked beans and
hemp seeds

Water + Hot cocoa

LUNCH

Lentil + vegetable
shepherd's pie

Water

Tofish and chips +
homemade "seafood
sauce" + peas

Water

Creamy cauliflower
pasta shells with
steamed veggies +
baked tofu nuggets

Water

Homemade roast
veggie, chickpea and
hummus pizzas

Water

Mexican bean + corn
stuffed sweet potato
with avocado and
yoghurt sauce

Water

**AFTERNOON
TEA**

Carrot + apricot bliss
balls

Water + 1/2 cup soy
milk

Baked sweet potato
fries with hummus

Water + 1/2 cup soy
milk

Hummus, carrot,
tomato + hemp seed
wholemeal sandwich

Water + 1/2 cup soy
milk

Apple + pear oat
crumble with soy
yoghurt

Water + 1/2 cup soy
milk

Scrambled tofu +
grated carrot wrap

Water + 1/2 cup soy
milk

**LATE
SNACK**

Seasonal fruit platter

Water

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Water

NUTRITION STATEMENT: Our registered dietitian approved menu provides at least 50% of Estimated Energy Requirements (ERR) and nutrients for children 3-5 years old with the exception of vitamin D and long-chain omega-3 polyunsaturated fatty acids. The menu also meets 50% of the increased iron requirement for vegetarians and the increased zinc requirement for vegetarians and provides more than double the current recommended adequate intake (AI) of omega-3 alpha-linolenic acid (ALA).

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AUTUMN/WINTER

WEEK 2 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**MORNING
TEA**

Crumpet with
nuttelex, marmite
+ hemp seeds

Water + Hot cocoa

Banana + date boats
with almond butter
and chia seeds

Water + Hot cocoa

Wholemeal sprout,
carrot + hummus
sandwich

Water + Hot cocoa

Carrot + pear
wholemeal muffin

Water + Hot cocoa

Sweet potato +
pear porridge with
apple

Water + Hot cocoa

LUNCH

Kale + pepita pesto
veggie pasta with
chickpeas and
steamed greens

Water

Lentil + vegetable
spaghetti bolognese
with almond
parmesan and peas

Water

Baked eggplant +
tofu with sesame
soba noodles,
steamed broccoli
and edamame

Water

Carrot + red lentil
soup with campfire
damper and cheesy
kale chips

Water

West African sweet
potato and bean
peanut stew with
basmati rice + tofu

Water

**AFTERNOON
TEA**

Baked veggies with
pita crisps and white
bean dip

Water + 1/2 cup soy
milk

Pizza muffins with
pumpkin, zucchini +
pepita pesto

Water + 1/2 cup soy
milk

Corn on the cob with
nuttelex + roasted
chickpeas

Water + 1/2 cup soy
milk

Crispy crunchy
mustard turmeric
potatoes

Water + 1/2 cup soy
milk

Wholemeal wrap
with hummus +
sprouts with
snowpeas

Water + 1/2 cup soy
milk

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AUTUMN/WINTER

WEEK 3 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

**MORNING
TEA**

Wholemeal sandwich
with lettuce +
chickpea salad

Water + Hot cocoa

Cashew cream
cheese + kidney
bean smash
wholemeal sandwich

Water + Hot cocoa

Wholemeal pikelets
with nuttalex and
banana

Water + Hot cocoa

Baked pear,
almond and oat
slice

Water + Hot cocoa

Toast with peanut
butter + banana

Water + Hot cocoa

LUNCH

Penne with creamy
red sauce and
veggies

Water

Sushi bowls with
tofu, avocado,
cucumber, carrot +
lettuce

Water

Black bean, beetroot
+ carrot burgers
with baked fries and
guacamole

Water

BBQ tofu tacos with
rainbow slaw and
sweet potato chunks

Water

Lentil spaghetti
bolognese with peas
and carrots

Water

**AFTERNOON
TEA**

Roasted maple
carrots + parsnips
with hummus

Water + 1/2 cup soy
milk

Sweet potato
wedges with
hummus

Water + 1/2 cup soy
milk

Grilled zucchini,
carrot and hummus
wholemeal sandwich

Water + 1/2 cup soy
milk

Steamed greens +
dill potatoes with
lemon vinaigrette

Water + 1/2 cup soy
milk

Veggie sticks and
crackers with
beetroot hummus

Water + 1/2 cup soy
milk

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AUTUMN/WINTER

WEEK 4 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA

English muffin with marmite + cherry tomatoes

Water + Hot cocoa

Wholemeal wrap with cashew cream and tomato

Water + Hot cocoa

Carrot pikelets with banana and soy yoghurt

Water + Hot cocoa

Sweet potato chunks with guacamole and yoghurt sauce

Water + Hot cocoa

Savoury oat cups with chia, carrot, sweet potato + apple

Water + Hot cocoa

LUNCH

Sweet potato + chickpea curry, steamed greens, soy yoghurt and pappadams

Water

Lentil casserole with mashed potato, peas and broccoli

Water

Scrambled tofu, bean + spinach wrap with baked veggies

Water

Minestrone soup with DIY campfire damper

Water

Veggie hot dogs with side salad

Water

AFTERNOON TEA

Baked rainbow fries and Mexican bean salsa

Water + 1/2 cup soy milk

Pear, apple + oat crumble with soy yoghurt

Water + 1/2 cup soy milk

Apple cinnamon oatmeal

Water + 1/2 cup soy milk

Crumbed cauliflower bites with tomato relish

Water + 1/2 cup soy milk

Wrap with tomato, carrot, hummus and hemp seeds

Water + 1/2 cup soy milk

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