



# WEEK 1 MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<b>MORNING TEA</b>	Carrot wholemeal pikelets with soy yoghurt + banana  Water + blueberry smoothie	Wholemeal english muffin with peanut butter  Water + green smoothie	Oatmeal + berry chia pot with soy milk  Water + mango smoothie	Fruit toast with nuttelex  Water + raspberry smoothie	Apple + pear oat crumble with soy yoghurt  Water + strawberry smoothie
<b>LUNCH</b>	Baked tofu, mac'n'cheez with broccoli, cauliflower + mushrooms  Water	Rainbow nachos (white, purple and sweet potato wedges), bean and veg chilli + soy yoghurt  Water	Chickpea 'tuna' sandwich on wholemeal bread + salad (sliced cucumbers, cherry tomatoes, capsicum)  Water	BBQ tofu and veg skewer (eggplant, capsicum, pineapple, mushroom, cherry tomato), brown rice with tahini sauce + pita wrap  Water	Pumpkin seed basil spinach pesto on wholemeal pasta with steamed greens, tomatoes, lettuce + avocado  Water
<b>AFTERNOON TEA</b>	Wholemeal wrap with hummus, grated carrot + sultanas  Water + 1/2 cup soy milk	Carrot + zucchini muffins  Water + 1/2 cup soy milk	Baked potato chunks with hummus, carrot + hemp seeds  Water + 1/2 cup soy milk	Rainbow veggie sticks + wrap  Water + 1/2 cup soy milk	Banana "nice cream" topped with berries + peanut butter drizzle  Water + 1/2 cup soy milk
<b>LATE SNACK</b>	Fruit platter  Water	Fruit platter  Water	Fruit platter  Water	Fruit platter  Water	Fruit platter  Water

**NUTRITION STATEMENT:** Our 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).



# WEEK 2 MENU

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p>Fruit toast with cashew cream</p> <p>Water + blueberry smoothie</p>	<p>Carrot + pear wholemeal muffin</p> <p>Water + raspberry smoothie</p>	<p>Wholemeal toast with almond butter + banana</p> <p>Water + mango smoothie</p>	<p>Strawberry chia pot with soy milk</p> <p>Water + green smoothie</p>	<p>Crumpet with nuttelex and marmite + sliced tomato</p> <p>Water + strawberry smoothie</p>
LUNCH	<p>Veggie lasagne with sunflower seed cream sauce + steamed greens - side of orange</p> <p>Water</p>	<p>Baked tofu nuggets, baked fries + salad (tomato, cucumber, capsicum)</p> <p>Water</p>	<p>Homemade baked beans, wholemeal toast with hummus + hemp seeds, steamed broccoli + zucchini</p> <p>Water</p>	<p>Lentil + vegetable spaghetti bolognese - side of cucumber</p> <p>Water</p>	<p>Pita bread pizza + edamame + salad (avocado, cucumber, tomato)</p> <p>Water</p>
AFTERNOON TEA	<p>Vegetable crudité's with white bean dip</p> <p>Water + 1/2 cup soy milk</p>	<p>Homemade pita crisps with hummus and guacamole dip</p> <p>Water + 1/2 cup soy milk</p>	<p>Corn on the cob with nuttelex</p> <p>Water + 1/2 cup soy milk</p>	<p>Wholemeal wrap with peanut butter, carrot + dates - side of snowpeas</p> <p>Water + 1/2 cup soy milk</p>	<p>Acai banana "nice cream" with sprinkled peanuts</p> <p>Water + 1/2 cup soy milk</p>
LATE SNACK	<p>Fruit platter</p> <p>Water</p>	<p>Fruit platter</p> <p>Water</p>	<p>Fruit platter</p> <p>Water</p>	<p>Fruit platter</p> <p>Water</p>	<p>Fruit platter</p> <p>Water</p>

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SPRING / SUMMER

# WEEK 3 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING  
TEA

Wholemeal toast  
with peanut butter,  
banana + apple  
  
Water + blueberry  
smoothie

Wrap with cashew  
cheese +  
strawberry  
  
Water + mango  
smoothie

Wholemeal pikelets  
with nuttalex +  
banana  
  
Water + raspberry  
smoothie

Zucchini, apple,  
flax oat muffin  
  
Water + green  
smoothie

English muffin  
with marmite +  
sliced tomato  
  
Water + strawberry  
smoothie

LUNCH

Penne pasta with  
bean ratatouille +  
hemp seeds  
  
Water

Avocado + smashed  
bean sandwich with  
salad (tomatoes,  
cucumber, lettuce)  
  
Water

Chickpea burgers on  
wholemeal bread  
with lettuce,  
tomato, cucumber +  
guacamole  
  
Water

BBQ tofu wrap with  
mango + avocado -  
side of baby spinach  
salad  
  
Water

Bean enchiladas +  
side salad  
  
Water

AFTERNOON  
TEA

Veggie sticks with  
hummus  
  
Water + 1/2 cup soy  
milk

Sweet potato  
wedges with  
hummus  
  
Water + 1/2 cup soy  
milk

Savoury oat cups  
  
Water + 1/2 cup soy  
milk

Wholemeal toast  
with banana - side  
of snowpeas  
  
Water + 1/2 cup soy  
milk

Baked potatoes  
with cashew  
dipping sauce  
  
Water + 1/2 cup soy  
milk

LATE  
SNACK

Fruit platter  
  
Water

Fruit platter  
  
Water

Fruit platter  
  
Water

Fruit platter  
  
Water

Fruit platter  
  
Water

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[sustainableplay.com.au/food](https://sustainableplay.com.au/food)



SPRING / SUMMER

# WEEK 4 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA

Toast with peanut butter + banana

Water + blueberry smoothie

Toast with tahini, baked beans + hemp seeds

Water + raspberry smoothie

Carrot + coconut wholemeal flax pancakes with banana and soy yoghurt

Water + strawberry smoothie

Soy yoghurt with maple toasted oats + strawberry

Water + mango smoothie

Berry oat + chia pot

Water + green smoothie

LUNCH

Sweet potato coconut chickpea curry, brown basmati rice, coriander, soy yoghurt + steamed greens

Water

Mexican baked potatoes with bean mix, scrambled tofu + salad

Water

Pumpkin, leek, spinach, chickpea + tofu frittata with grilled veggies, bread + hummus

Water

Beetroot, black bean + quinoa burgers, brown basmati rice, avocado yoghurt sauce - side salad

Water

Tofish & chips + homemade "seafood sauce" - side salad

Water

AFTERNOON TEA

Veggie sticks with mexican bean salsa

Water + 1/2 cup soy milk

Pear, apple and oat crumble with soy yoghurt

Water + 1/2 cup soy milk

Granola bar with dried apricot, oats, pumpkin and sunflower seeds

Water + 1/2 cup soy milk

Carrot, apple flax muffins

Water + 1/2 cup soy milk

Wrap with hummus, tomato + carrot

Water + 1/2 cup soy milk

LATE SNACK

Fruit platter

Water

Fruit platter

Water

Fruit platter

Water

Fruit platter

Water

Fruit platter

Water

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