



SPRING / SUMMER



Made using Australian Native Bush Foods and Botanicals

WEEK 1 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA	<p>Toast with almond butter + banana served with a side of fruit</p> <p>Water + blueberry smoothie</p>	<p>Chia oats served with fruit and yoghurt</p> <p>Water + green smoothie</p>	<p>Raisin toast served with a side of fruit</p> <p>Water + mango smoothie</p>	<p>Overnight oats with chia with a side of fresh fruit</p> <p>Water + raspberry smoothie</p>	<p>Baked beans + tahini on toast</p> <p>Water + strawberry smoothie</p>
LUNCH	<p>Lentil Bolognese served with pasta</p> <p>Water</p> 	<p>English pizza muffins served with salad</p> <p>Water</p> 	<p>Sushi bowls with tofu, avocado, cucumber, lettuce with soy sauce and vegan mayo</p> <p>Water</p>	<p>Chickpea burgers with potato chips</p> <p>Water</p>	<p>Tofu stir-fry, vegetables + rice noodle</p> <p>Water</p>
AFTERNOON TEA	<p>Sweet potato chips served with salsa and hummus with a side of fruit</p> <p>Water + 1/2 cup soy milk</p>	<p>Scones with homemade fruit jam with a side of fresh fruit</p> <p>Water + 1/2 cup soy milk</p>	<p>Apple and pear muffins</p> <p>Water + 1/2 cup soy milk</p>	<p>Corn on the cob with nuttalex</p> <p>Water + 1/2 cup soy milk</p>	<p>Veggie + hummus wraps</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>

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).

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WEEK 2 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	English muffins served with spreads + fruit Water	Mixed variety of cereals Water	French toast with yoghurt and fruit Water	Raisin Toast + fruit Water	Crumpet with home-made jam + variety of spreads Water
LUNCH	Napoletana pasta with a side of green vegetables + garlic bread Water 	BBQ tofu and salad with a side of sweet potato wedges Water 	DIY wraps + sandwiches with a variety of spread + salad Water	Almond Tofu stir-fry with rice Water 	Frittata with salad Water 
AFTERNOON TEA	Blueberry muffins Water + 1/2 cup soy milk	Corn chips with salsa and avocado Water + 1/2 cup soy milk	Rice cakes with a variety of spreads + fruit Water + 1/2 cup soy milk	Home-made muesli bars Water + 1/2 cup soy milk	'nice cream' ice blocks 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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WEEK 3 MENU

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	<p>Wholemeal toast with almond butter, banana + apple</p> <p>Water + blueberry smoothie</p>	<p>Wraps with Sunflower Seed Cream + Strawberries</p> <p>Water + mango smoothie</p>	<p>Wholemeal pikelets with nuttelex + banana</p> <p>Water + raspberry smoothie</p>	<p>Fruit toast with nuttelex and bananas</p> <p>Water + green smoothie</p>	<p>Berry porridge with fruit</p> <p>Water + strawberry smoothie</p>
LUNCH	<p>Penne pasta with bean ratatouille + hemp seeds</p> <p>Water</p>	<p>Avocado + smashed bean sandwich with salad (tomatoes, cucumber, lettuce)</p> <p>Water</p>	<p>Chickpea burgers with lettuce, tomato, cucumber + guacamole</p> <p>Water</p>	<p>BBQ tofu wrap with mango + avocado - side of baby spinach salad</p> <p>Water</p>	<p>Sushi bowls with nori, tofu, rice and salad</p> <p>Water</p>
AFTERNOON TEA	<p>Veggie sticks and pita bread with hummus</p> <p>Water + 1/2 cup soy milk</p>	<p>Sweet potato wedges with hummus and fruit</p> <p>Water + 1/2 cup soy milk</p>	<p>Savoury oatmeal with sweet potato, chia, apple</p> <p>Water + 1/2 cup soy milk</p>	<p>Rice cakes with spreads + fruit - side of snowpeas</p> <p>Water + 1/2 cup soy milk</p>	<p>Wrap with hummus, tomato + carrot</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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WEEK 4 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA

English muffins with almond butter + banana

Water + blueberry smoothie

Toast with tahini, baked beans, served with fruit

Water + raspberry smoothie

Raisin toast with nuttalex and fruit

Water + strawberry smoothie

Yoghurt with maple toasted oats + strawberry

Water + mango smoothie

English muffin with marmite + sliced tomato and fruit

Water + green smoothie

LUNCH

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

Water

Mexican baked potatoes with bean mix, scrambled tofu + salad

Water

Veggie hot dogs with salad

Water

Beetroot, chickpea + quinoa balls, brown basmati rice, avocado yoghurt sauce - side salad

Water

'Make your own' burritos + salad

Water

AFTERNOON TEA

Crackers & veggie sticks with mexican bean salsa

Water + 1/2 cup soy milk



Pear, apple and oat crumble with yoghurt

Water + 1/2 cup soy milk



Veggie sticks and wraps with fruit

Water + 1/2 cup soy milk

Carrot, apple flax slice

Water + 1/2 cup soy milk

Baked potatoes with sunflower seed dipping sauce and fruit

Water + 1/2 cup soy milk



LATE SNACK

Fruit platter

Water

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