



SPRING / SUMMER



Made using Australian
Native Bush Foods and
Botanicals

WEEK 1 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING
TEA

English muffins with
variety of spreads

Water + green
smoothie

Wholemeal pikelets
served with berries
and yoghurt

Water + blueberry
smoothie

Fruit Toast with
nuttelex, banana and
sunflower cream

Water + mango
smoothie

Overnight Chia
Oats with yoghurt

Water + strawberry
smoothie

Coconut and Berry
Chia Pot

Water + blueberry
smoothie

LUNCH

Rainbow nachos



Water

Baked tofu, mac 'n'
cheese with
vegetables



Water

Baked Tofu nuggets,
sweet potato fries
and salad

Water

Veggie hot dogs
with side salad

Water

Kale and pepita
pasta with white
beans and broccoli



Water

AFTERNOON
TEA

Wraps with hummus,
sultanas and carrot

Water + 1/2 cup soy
milk

Homemade pita
crisps with
guacamole and salsa

Water + 1/2 cup soy
milk

Vegetable sticks
served with wraps
and broad bean dip

Water + 1/2 cup soy
milk

Banana Acai Nice
Cream Blocks



Water + 1/2 cup soy
milk

Berry and Strawberry
Gum Muffins

Water + 1/2 cup soy
milk

LATE
SNACK

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).

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WEEK 2 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING
TEA

Toast with buddee
butter and banana

Water + strawberry
smoothie

Carrot and Pear
Wholemeal slice

Water + blueberry
smoothie

Crumpets with
tomato and marmite

Water + green
smoothie

Mixed cereals

Water + mango
smoothie

Zucchini and
Banana Muffins

Water + strawberry
smoothie

LUNCH

Lentil and bush
tomato pasta
bolognese with
peas



Water

Sushi Bowls

Water

English muffins
pizzas with zucchini,
pumpkin and pepita
pesto



Water

Cauliflower, walnut
and chickpea burgers
served with potato
fries and salad



Water

Sticky BBQ tofu
with quinoa, brown
rice and corn salad

Water

AFTERNOON
TEA

Rice cakes with
avocado and a
variety of spreads

Water + 1/2 cup soy
milk

Roast potatoes
served with cashew
cream



Water + 1/2 cup soy
milk

Corn on the Cob with
nuttelex and roasted
chickpeas

Water + 1/2 cup soy
milk

Vegetable sticks
served with wraps
and cashew cream

Water + 1/2 cup soy
milk

Banana, wattleseed
and coconut nice
blocks



Water + 1/2 cup soy
milk

LATE
SNACK

Fruit platter

Water

Fruit platter

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Fruit platter

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Fruit platter

Water

Fruit platter

Water

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WEEK 3 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING
TEA

Wraps with
sunflower cream and
strawberries

Water + blueberry
smoothie

Wholemeal
pancakes with
banana and yoghurt

Water + green
smoothie

English Muffins with
sweetened cashew
cream spread and
banana

Water + mango
smoothie

Overnight Oats
with mixed berries
and yoghurt

Water + strawberry
smoothie

Toast with
avocado, marmite
and tomato

Water + choc
banana smoothie

LUNCH

BBQ bush tomato
tofu with salad and
mayo



Water

Roasted tofu,
vegetables and
brown rice with
cashew cheese

Water

Sweet potato and
lentil patties with
avocado, salsa and
salad

Water

Gado Gado with
crispy tofu and
flatbread



Water

Baked tofu
nuggets served
with salad



Water

AFTERNOON
TEA

Vegetable sticks
served with wraps
and broad bean dip

Water + 1/2 cup soy
milk

Strawberry and
coconut nice Blocks



Water + 1/2 cup soy
milk

Rice cakes served
with spreads and
saltbush seasoned
edamame



Water + 1/2 cup soy
milk

Chickpeas Blondies

Water + 1/2 cup soy
milk

Wraps with cashew
cheese, sultanas
and carrot

Water + 1/2 cup soy
milk

LATE
SNACK

Fruit platter

Water

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WEEK 4 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING
TEA

English Muffins with
variety of spreads

Water + green
smoothie

Toast with buddee
butter and baked
beans

Water + choc
banana smoothie

Raisin toast with
nuttelex and banana

Water + mango
smoothie

Toasted Oats with
berries and yoghurt

Water + strawberry
smoothie

Mixed Cereals

Water + blueberry
smoothie

LUNCH

Veggie hot dogs
served with salad

Water

Tofu schnitzels with
chips and salad

Water

Burritos with
guacamole and salsa



Water

Cauliflower, walnut
and chickpea burgers
served with salad and
potato fries



Water

Creamy cauliflower
pasta served with
broccoli, peas and
baked tofu



Water

AFTERNOON
TEA

Pear and apple
muntries oat
crumble



Water + 1/2 cup soy
milk

Zucchini and
wattleseed brownie



Water + 1/2 cup soy
milk

Chocolate Dipped
Bananas

Water + 1/2 cup soy
milk

Frosty Fruits

Water + 1/2 cup soy
milk

Vegetable sticks
served with rice
crackers, cheese
and broad bean dip

Water + 1/2 cup soy
milk

LATE
SNACK

Fruit platter

Water

Fruit platter

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