



AUTUMN/WINTER



Made using Australian Native Bush Foods and Botanicals

WEEK 1 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA	Mixed variety of cereals Water + Hot chocolate	Overnight oats served with baked apple water + hot chocolate	Pancakes served with yoghurt and berries Water + hot chocolate	Toast served with banana and buddee butter Water + hot chocolate	Chocolate chia and berries Water + smoothie
LUNCH	Green pasta with pepitas and vegetables Water	Burritos served with salad and avocado Water	BBQ tofu and salad wraps Water	Roast vegetables bowls served with brown rice Water	Carrot and lentil soup Water
AFTERNOON TEA	Wraps served with cashew cream Water + 1/2 cup soy milk	Fruit Muffins Water + 1/2 cup soy milk	Vegetable sticks served with hummus, cheese and rice crackers Water + 1/2 cup soy milk	Jam Drops Water + 1/2 cup soy milk	Rice cakes served with a variety spreads Water + 1/2 cup soy milk
LATE SNACK	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter 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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WEEK 2 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA	Mixed variety of cereals Water + Smoothie	Crumpets served with strawberry gum jam Water + Smoothie	Toast with Bananas and Buddee Butter Water + Smoothie	Oats with maple apples and yoghurt Water + Smoothie	English Muffins with avocado and Marmite Water + Smoothie
LUNCH	Tofu and veggies with rice Water	Pasta with white beans, green sauce and hemp seeds Water	BBQ tofu with sweet potato wedges and salad Water	Vege sausages with roast potatoes and veggies Water	Tofu nuggets with salad and sweet and sour sauce Water
AFTERNOON TEA	Hummus, sultanas and vege sticks Water + 1/2 cup soy milk	Apple Crumble and yoghurt Water + 1/2 cup soy milk	Rainbow sticks and broad bean dip and wraps Water + 1/2 cup soy milk	Choc wattle seed muffins Water + 1/2 cup soy milk	Rice cakes and spreads Water + 1/2 cup soy milk
LATE SNACK	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter Water

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WEEK 3 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

MORNING TEA	Baked beans and buddee butter served on toast Water + Smoothie	Warm Oats served with yoghurt Water + Smoothie	Muesli Bars Water + Smoothie	Banana bread Water + Smoothie	Mixed variety of cereals Water + Smoothie
LUNCH	Burritos served with sweet potato Water	BBQ tofu and salad wraps Water	Minestrone Soup Water	Orange pasta served with a side of tofu and green vegetables Water	Vegetable and tofu fried rice Water
AFTERNOON TEA	Rice crackers and vegetable sticks served with cashew dip Water + 1/2 cup soy milk	Muffins Water + 1/2 cup soy milk	Avocado and Tomato Wraps Water + 1/2 cup soy milk	Rice cakes served with a variety of spreads Water + 1/2 cup soy milk	Anzac biscuits Water + 1/2 cup soy milk
LATE SNACK	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter Water

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WEEK 4 MENU

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Raisin Toast Water + Hot chocolate	Muffins Water + Smoothie	Crumpets served with strawberry gum jam Water + Hot chocolate	Toasted oats served with berries and yoghurt Water + Smoothie	Baked beans served on toast Water + Hot chocolate
LUNCH	Tofu and salad wraps served with roast potatoes Water	Potato and cauliflower soup Water	Mac n cheese served with tofu Water	Tofu schnitzels served with vegetables Water	Pasta served with red sauce and lentils Water
AFTERNOON TEA	Corn on the cob served with a side of chickpeas Water + 1/2 cup soy milk	Corn chips served with salsa and avocado Water + 1/2 cup soy milk	Short bread biscuits Water + 1/2 cup soy milk	Wraps served with a variety of spreads Water + 1/2 cup soy milk	Apple crumble served with yoghurt Water + 1/2 cup soy milk
LATE SNACK	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter Water	Seasonal fruit platter Water

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