

Week1

WINTER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit & cheese breadsticks	Fruit& cheese	Fruit, cheese & breadsticks	Fruit &cheese	Fruit, cheese & breadsticks
Lamb stew with rice	Chicken and corn soup	Tuna pasta bake	Beef stir fry with noodles	Spanish rice
<i>Vegetable and lentil stew with rice</i>	<i>Vegetable soup</i>	<i>Macaroni Vegetable pasta bake</i>	<i>Tofu and vegetable stir fry with noodles</i>	<i>Vegetarian Spanish rice</i>
Yoghurt and fruit	Muffins	Wholemeal salada with toppings	Turkish bread with dip	Cereal

Week 2

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit, cheese & breadsticks	Fruit & cheese	Fruit, cheese & breadsticks	Fruit, cheese & breadsticks	Fruit & cheese
Beef stroganoff with rice	Pasta bolognaise	Meatloaf with corn and peas	Chicken drumsticks with corn on cob	White bean soup with garlic bread
<i>Mushroom stroganoff with rice</i>	<i>Pasta napolli</i>	<i>Lentil loaf with corn and peas</i>	<i>Lentil burgers with corn</i>	<i>White bean soup with garlic bread</i>
Raisin bread	Cheese and crackers	Cruskits with toppings	Baked beans and bread	Rice cakes

Sao biscuits or sandwiches provided as late snack at 5.45pm

This menu has been assessed by the healthy Together Eating Advisory Service and meets the menu planning guidelines for long day care.

The Healthy Together Healthy Eating Advisory Service recommends the following menu planning guidelines:

4 red meat meals per fortnight

2 pork or poultry meals per fortnight

1 fish meal per fortnight

1 vegetarian meal per fortnight

When cooking we also follow the guidelines around serves per child per day. We include at least one serve of meat or meat alternative per child per day, one serve of fruit per child per day, 1-1/2 serves of vegetables and legumes per child per day, 2 serves of milk, yoghurt or cheese per child per day. Polyunsaturated or monounsaturated oils and spreads are used in cooking.

Full cream milk , or soy, is served with morning and afternoon snacks; water is offered all meal times and is available throughout the day.

Cheese cubes are offered on fruit platters to increase our dairy. Wholemeal breads and flour are used whenever possible; cereal is weeties or weet bix.

Week 3

WINTER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit & cheese, breadsticks	Fruit, cheese	Fruit, cheese & breadsticks	Fruit & cheese	Fruit, cheese & breadsticks
Tuna and vegetable risotto	Chilli con carne with rice	Pumpkin soup with bread	Chicken Chow Mien	Zucchini slice with baked beans
<i>Vegetable risotto</i>	<i>Chilli beans with rice</i>	<i>Pumpkin soup with bread</i>	<i>Vegetable chow mien</i>	<i>Zucchini slice with baked beans</i>
Cheese and crackers	Fruit and yoghurt	Pikelets	Cruskits with spreads	Pita bread with dip

Week 4

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit & cheese & breadsticks	Fruit, cheese	Fruit & cheese & breadsticks	Fruit & cheese	Fruit, cheese & breadsticks
Minestrone soup	Lamb stew with cous cous	Spring rolls with rice	Pasta bolognaise	Lamb curry with rice
<i>Minestrone soup</i>	<i>Vegetables and lentils with cous cous</i>	<i>Spring rolls with rice</i>	<i>Pasta napolì</i>	<i>Vegetable curry with rice</i>
Rice cakes with spread	Muffins	Cheese crackers and sultanas	Cereal	Sandwiches

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