

WEEK 1					 Nutrition Australia Guidelines
	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Wholegrain cereals and toast with healthy toppings from the five food groups, served with Milk and water					
Morning tea	Seasonal fruit and yoghurt platter Banana, apple, seasonal fruit and natural yoghurt	Fresh fruit, veggies and hummus platter Carrot, capsicum, cucumber, banana, pear and hummus	Tzatziki with crackers and apple sticks Crackers, apples and Tzatziki	Veggie sticks platter with hummus and fruit Cucumber, capsicum, apple, carrot and hummus	Fresh fruit platter with natural yogurt Seasonal fresh fruit and natural yoghurt
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Homestyle spaghetti bolognese Lean beef mince, tomato, carrot, pasta and cheese	Chicken, pumpkin and spinach risotto Chicken, spinach, pumpkin and rice	Wintery beef with pasta spirals Lean beef, carrot, garlic, tomato, potato, pasta spirals	Rice with vegies and tuna Rice, beans, Carrots, corn, peas	Lentil and vegetable biryani Rice, lentils, cumin seeds, vegies
	Water	Water	Water	Water	Water
Afternoon tea	Corn cakes with hummus dip Corn cakes, Hummus and chickpeas	Pumpkin and cheese muffins Pumpkin, cheese, flour, egg and milk	Banana and ricotta with bread Bread, banana, ricotta and cinnamon	Seasonal fruit with natural yogurt Yogurt, seasonal fruits	Veggies, crackers and hummus Carrot, cucumber, capsicum, hummus and wholegrain crackers
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LATE SNACK	A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water				
DRINKS	Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.				
Assessed	This menu was assessed using food checker and meets the menu planning guidelines for long day care and the recommendations of the Australian dietary guidelines for children aged 1-5.				
INFANTS	Under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants age (e.g. mashed, lumpy, chopped, finger foods)				
DIETARY NEEDS	Children with medical, religious, vegetarian or cultural dietary requirements are provided with a tailored version of this menu to meet their individual needs.				

WEEK2					 Nutrition Australia Guidelines
	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Wholegrain cereals and toast with healthy toppings from the five food groups, served with Milk and water					
Morning tea	Pumpkin dip with carrot sticks and crackers Banana, apple, seasonal fruit and natural yoghurt	Rainbow snack platter Apple, banana, carrot, cucumber, crackers and cheese	Veggie chips and green ricotta dip Sweet potato, carrot, zucchini, ricotta cheese, basil and garlic	Fruit bread with yoghurt Fruit bread, apple, banana and natural yoghurt	Fruit and veg platter Apple, orange, capsicum, cucumber and banana
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Indian style beef and veg pulao Lean beef mince, Tomato, carrot, onion, capsicum, garlic, rice	Tofu and farm fresh vegetable pasta Tofu, ricotta cheese, tomato, zucchini, carrot and pasta	Greek chicken, garden vegetables and rice Chicken, carrot, peas, corn, potato, beans, garlic and rice	Chinese fried rice with beef, potato and peas Beef mince, potato, peas, cumin and rice	Chickpeas, Salmon couscous salad Couscous, chickpeas, onion, tomato and salmon
	Water	Water	Water	Water	Water
Afternoon tea	Banana, orange and apples with yogurt Banana, apples, orange and natural yogurt	Fruity bread with fresh apple slices Fruit bread, and apples	Apple and banana with natural yogurt Apple, banana, cinnamon and natural yoghurt	Cinnamon spiced banana bread Banana, flour, milk, egg and cinnamon	Vegemite cheese spread sandwich Vegemite, cheese spread and bread
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LATE SNACK	A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water				
DRINKS	Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.				
Assessed	This menu was assessed using food checker and meets the menu planning guidelines for long day care and the recommendations of the Australian dietary guidelines for children aged 1-5.				
INFANTS	Under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants age (e.g. mashed, lumpy, chopped, finger foods)				
DIETARY NEEDS	Children with medical, religious, vegetarian or cultural dietary requirements are provided with a tailored version of this menu to meet their individual needs.				

WEEK 3					 Nutrition Australia Guidelines
	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Wholegrain cereals and toast with healthy toppings from the five food groups, served with Milk and water					
Morning tea	Fresh fruit and yogurt Apple, pear, seasonal fruit and natural yoghurt	Fruit and vegie sticks with cheese slices Cheese, apple, pear and carrot	Fruit bread with ricotta and fresh fruit Fruit bread, ricotta, banana and apple	Rainbow platter Apple, banana, carrot, cucumber and crackers	Apple, pear with ricotta dip Apple, pear, ricotta and cinnamon
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Lentil and spinach dahl with rice Yellow lentil, tomato, onion, garlic, spinach and rice	Lamb with couscous Lamb, carrots, chickpeas, onion, tomato and couscous	Salmon spiced rice with garden vegetables Salmon, potato, tomato, carrot, peas, corn, garlic and rice	Chicken, cheese sandwich Chicken, cheese, lettuce, tomato, and bread	Beef and garden vegetable pasta Beef mince, peas, corn, carrot, green beans, potato and pasta
	Water	Water	Water	Water	Water
Afternoon tea	Banana pan cakes Banana, milk, butter, flour	Cottage cheese mini pockets Cottage cheese, corn and bread	Hummus dip with vegie chips and crackers Potato, carrot, hummus and wholegrain crackers	Rice cakes with spiced yogurt Rice cakes, salt, pepper and natural yogurt	Spiced carrot and apple muffins Flour, apple, carrot, cinnamon and egg
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LATE SNACK	A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water				
DRINKS	Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.				
Assessed	This menu was assessed using food checker and meets the menu planning guidelines for long day care and the recommendations of the Australian dietary guidelines for children aged 1-5.				
INFANTS	Under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants age (e.g. mashed, lumpy, chopped, finger foods)				
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WEEK 4				 Nutrition Australia Guidelines	
	Monday	Tuesday	Wednesday	Thursday	Friday
BREAKFAST: Wholegrain cereals and toast with healthy toppings from the five food groups, served with Milk and water					
Morning tea	Fresh fruit platter with yogurt Apple, banana, seasonal fruit with natural yoghurt	Veggie dippers with hummus dip Carrot, cucumber and crackers with hummus dip	Fruit and cheese platter Cheese, banana, carrot, apple and crackers	Cheesy melts Bread, cheese and tomato	Rainbow platter with crackers Carrot, capsicum, apple, crackers and cheese
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
Lunch	Lamb and vegie wrap Lamb, carrot, capsicum, corn lettuce and wrap	Tuna and vegetarian pasta bolognese Tuna, pasta, garlic, onion, carrot, peas, corn, green beans, cheese and herbs	Moroccan chicken and veggie tagine with couscous Chicken, chickpeas, onion, potatoes, carrot, green beans, peas, corn, herbs and spices	Jumping fried rice Rice, carrot, capsicum, onion, ginger, peas, corn and egg	Mexican beans, beef with Rice Beef mince, onion, carrot, garlic, black beans, kidney beans tomato and rice
	Water	Water	Water	Water	Water
Afternoon tea	Spinach and cheese muffins Spinach, cheese, milk, oil, egg and flour	Corn cakes with natural yogurt dip Corn cakes and natural yogurt	Banana loaf with spiced ricotta Flour, banana, egg, milk and ricotta	Fruit and vegetable platter with hummus dip Carrot, apple, seasonal fruits and hummus dip	Banana and spiced ricotta sandwiches Bread, ricotta, banana and cinnamon
	Milk or water	Milk or water	Milk or water	Milk or water	Milk or water
LATE SNACK	A variety of snack food options from the five food groups such as fruit, veggies, dip, cheese and crackers, served with water				
DRINKS	Water is freely available throughout the day. Milk is offered at breakfast, morning and afternoon tea.				
Assessed	This menu was assessed using food checker and meets the menu planning guidelines for long day care and the recommendations of the Australian dietary guidelines for children aged 1-5.				
INFANTS	Under 12 months are only offered foods that have been trialled at home. Food is modified to a suitable texture for infants age (e.g. mashed, lumpy, chopped, finger foods)				
DIETARY NEEDS	Children with medical, religious, vegetarian or cultural dietary requirements are provided with a tailored version of this menu to meet their individual needs.				