
















Autumn menu- Week 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Milk, Wholemeal toast with Cheese, Vegemite, Jam diary free options	Cereals, Cornflakes, Wheatbix, Milk & Wholemeal toast with Cheese, Vegemite, Jam, diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH Babies – Pureed seasonal vegetables (Alternative protein for vegetarians)	Ceylonese style fish & mixed vegetable served with steamed rice 	Sicilian beef ragù served with pasta 	Lamb and vegetable casserole with couscous 	Pumpkin, leek and potato soup, with croutons 	Chicken and vegetable sausage rolls 
AFTERNOON TEA	Fruit toast	Carrot and banana loaf.	Tomato and cheese open Turkish pide	Pineapple torte.	Yoghurt with homemade toasted muesli.
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite






Autumn menu- Week 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Milk, Wholemeal toast with Cheese, Vegemite, Jam diary free options	Cereals, Cornflakes, Wheatbix, Milk & Wholemeal toast with Cheese, Vegemite, Jam, diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH Babies – Pureed seasonal vegetables (Alternative protein for vegetarians)	Tuna Rice Bake 	Lamb and vegetable parcels 	Lentil and vegetable soup with pasta 	Beef and vegetable noodles 	Roast vegetables with garlic bread. 
AFTERNOON TEA	Cheese dip crackers and vegetable sticks	Yogurt with toasted muesli	Peach cobbler	Zucchini and feta muffins	Berry pan cakes
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite

Autumn menu- Week 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Milk, Wholemeal toast with Cheese, Vegemite, Jam diary free options	Cereals, Cornflakes, Wheatbix, Milk & Wholemeal toast with Cheese, Vegemite, Jam, diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH Babies – Pureed seasonal vegetables (Alternative protein for vegetarians)	Chicken and vegetable fried rice 	Spinach and ricotta cannelloni 	Moroccan lamb with couscous 	Pasta bolognese 	Roast chicken and vegetable soup with vermicelli. 
AFTERNOON TEA	Yogurt with muesli	Assorted sandwiches	Upside-down coconut and Pineapple slice.	Cheesy muffins	Orange and poppy seed muffins
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite

Autumn menu- Week 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Cereals, Cornflakes, Milk, Wholemeal toast with Cheese, Vegemite, Jam diary free options	Cereals, Cornflakes, Wheatbix, Milk & Wholemeal toast with Cheese, Vegemite, Jam, diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options	Cereals, Cornflakes, Wheatbix, Milk and Wholemeal toast with Cheese, Vegemite, Jam - diary free options
MORNING TEA	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter	Fresh Seasonal fruit platter
LUNCH Babies – Pureed seasonal vegetables (Alternative protein for vegetarians)	Pasta Napoli 	Milestone soup with croutons 	Za’atar chicken with home made pita, sliced cucumbers and corn on the cob 	Homemade assorted pizza 	Beef meatballs with mashed potato and sweet potato. 
AFTERNOON TEA	Yogurt with muesli and fruits	Scones with jam and cream	Savory twists	Zucchini slice	Peach and Pear muffins
LATE AFTERNOON TEA	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese & vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite	An assortment of Fresh fruit, vegetables, Rice/corn crackers with Cheese and vegemite