

Summer Menu

*** Babies morning and afternoon teas – must be in consultation with cook about who needs purees and who is to have the same as older children. Please keep in touch with your centre cook in regard to your child's allergies or intolerances so that we can cater the menu to their specific needs. So that all the children within our service are receiving the same meals, most of our recipes can be altered to cater to most allergies and intolerances.



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Dried fruit with cheese and crackers	Mexican dip with crackers and vegetable dippers	Fruit salad, cheerio's with yoghurt dip	Creamy vegetable dip with vegetable and pita bread dippers	Fruit slinkies with cheese chunks and yoghurt dip
Babies Morning Tea	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree
Lunch	Mini frittatas with salsa dip	Tuna rice salad	Savoury mince, vegetables and lentils	Beef and vegetables	Chicken and pasta salad
Babies Lunch	Vegetable puree or mashed / pureed mini frittatas with mash	Vegetable puree or mashed / pureed tuna rice salad	Vegetable puree or mashed / pureed mince and lentils	Vegetable puree or mashed / pureed beef and rice	Vegetable puree or mashed / pureed chicken and pasta
Afternoon Tea	Apricot wheatgerm loaf and a selection of fruit chunks	Mixed berry muffins and a selection of fruit chunks	Zucchini cake and a selection of fruit chunks	Beetroot and chocolate cake and a selection of fruit chunks	Pumpkin and choc chip muffins and a selection of fruit chunks
Babies Afternoon Tea	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt

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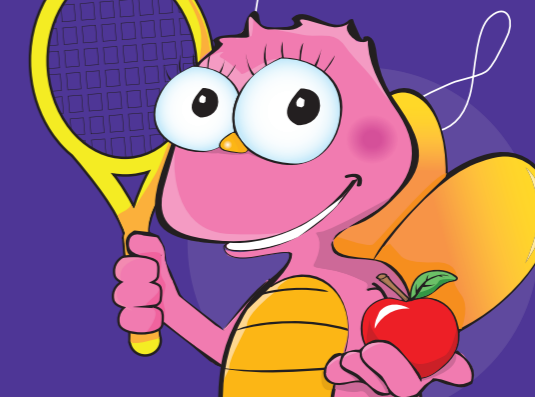
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Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Vegetables dippers with beetroot dip and pita bread	Fruit slinkies, cheese and rice crackers	Fruit chunks, cinnamon chips with yoghurt dip	Vegetable dippers, turkish bread fingers, gherkin and fetta dip	Dried fruit, cheerio's, cheese with yoghurt dip
Babies Morning Tea	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree
Lunch	Kids paella	Savoury beef noodles and vegetables	Tuna and sweet potato fritters with salad	Chicken a la king	Vegetarian pizza
Babies Lunch	Vegetable puree or mashed / pureed kids paella	Vegetable puree or mashed / pureed savoury beef and noodles	Vegetable puree or mashed / pureed tuna and sweet potato fritters and mash	Vegetable Puree or mashed / pureed chicken a la king	Vegetable Puree
Afternoon Tea	Anzac biscuits and a selection of fruit chunks	Apple and carrot muffins and a selection of fruit chunks	Apricot wheatgerm loaf and a selection of fruit chunks	Coco-zucchini slice and a selection of fruit chunks	Honey oat bars and a selection of fruit chunks
Babies Afternoon Tea	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt

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Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fruit slinkies, cheese and rice crackers	Cinnamon chips with raspberry dip and fruit platter	Creamy vegetable dip with rice cake chunks and vegetable dippers	Dried fruit, cheerio's, cheese with yoghurt dip	Vegetable dippers, turkish bread sticks with creamy capsicum dip
Babies Morning Tea	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree
Lunch	Mediterranean Rice salad	Pumpkin and broccoli pasta	Meatloaf and salad	Tuna in a doona	Chicken, chickpea and pasta
Babies Lunch	Vegetable puree or mashed / pureed mediterranean rice	Vegetable puree or mashed / pureed pumpkin and broccoli pasta	Vegetable puree or mashed / pureed meatloaf	Vegetable puree or mashed / pureed tuna in a doona	Vegetable puree chicken, chickpea pasta
Afternoon Tea	Chickpea cookies and a selection of fruit chunks	Apple and sultana cake and a selection of fruit chunks	Pumpkin cake and a selection of fruit chunks	Muesli biscuits and a selection of fruit chunks	Rice flour and fruit muffins and a selection of fruit chunks
Babies Afternoon Tea	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt

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Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fuzzy fruit chunks with orange yoghurt	Fruit chunks, cheese and pita bread with beetroot dip	Dried fruit, cheese and crackers	Cinnamon chips with raspberry dip and fruit platter	Creamy vegetable dip with rice cake chunks and vegetable dippers
Babies Morning Tea	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree
Lunch	Tasty fish salad	Spinach pasta	Oriental chicken summer salad	Cabbage and corn fritters with salad	Beef and spiced vegetable couscous
Babies Lunch	Vegetable puree or mashed / pureed tasty fish	Vegetable puree or mashed / pureed spinach bake	Vegetable puree or mashed / pureed oriental chicken	Vegetable puree or mashed / pureed cabbage and corn fritters and mash	Vegetable puree mashed / pureed beef couscous
Afternoon Tea	Beetroot and Chocolate cake and a selection of fruit chunks	Oatmeal and cranberry bars and a selection of fruit chunks	Wholegrain fruit muffins and a selection of fruit chunks	Carrot and muesli slice and a selection of fruit chunks	Orange muffins and a selection of fruit chunks
Babies Afternoon Tea	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt

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Week 5	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Fruit platter with sweet pita chips and honey ricotta dip	Fruit slinkies, cheese and rice crackers	Vegetable dippers with turkish bread sticks and roasted capsicum dip	Cinnamon chips with raspberry dip and fruit slinkies	Fuzzy fruit chunks, cheese with orange yoghurt
Babies Morning Tea	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree	Rice cereal or fruit puree
Lunch	Mexican beef pasta	Vegetable, tuna and chickpea fritters	Vegetable quiches and salad	Chicken, vegetable and rice salad	Springtime risotto
Babies Lunch	Vegetable puree or mashed / pureed mexican beef pasta	Vegetable puree or mashed / pureed vegetable fritters	Vegetable puree or mashed / pureed vegetable quiche	Vegetable puree or mashed / pureed chicken and rice salad	Vegetable puree Mashed / pureed springtime risotto
Afternoon Tea	Zucchini cake	Carrot and raisin slice or mashed / pureed	Apple and cinnamon slice and a selection of fruit chunks	Pumpkin and sultana loaf and a selection of fruit chunks	Blueberry muffins and a selection of fruit chunks
Babies Afternoon Tea	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt	Fruit puree or custard / yoghurt