



# Menu

## Week 4

	Breakfast (6:30-7:30am)	Morning tea	Lunch	Afternoon tea	Late snack
<b>Monday</b>	Weetbix Cornies or Cornflakes Toast with reduced sugar Jam Milk / Water	Vege Fritter Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Banana &amp; apple</i>	Vegetarian Curry with chickpeas and Brown rice  <i>Infants under 1 Puree/mashed/chopped: Potato, Chickpeas, Carrot and Peas</i>	Toast and baked beans Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Banana &amp; Peach</i>	Whole grain corn thins
<b>Tuesday</b>	Weetbix Cornies or Cornflakes Toast with reduced sugar Jam Milk / Water	Breakfast Trifle with yoghurt Fresh Fruit & Milk and Water  <i>Infants under 1 Puree/mashed/chopped: Porridge</i>	Chicken Risotto  <i>Infants under 1 Puree/mashed/chopped: Black beans, Kumara &amp; Carrot</i>	Beetroot Brownie Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Banana &amp; Pear</i>	Whole grain corn thins
<b>Wednesday</b>	Weetbix Cornies or Cornflakes Toast with reduced sugar Jam Milk / Water	Crumpet with Cheese Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Banana &amp; Orange</i>	Beef Bolognese Pasta with Vegetable  <i>Infants under 1 Puree/mashed/chopped: Kumara, Pumpkin, &amp; lentils</i>	Orange Cake Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Apple</i>	Whole grain corn thins
<b>Thursday</b>	Weetbix Cornies or Toast with Toast with reduced sugar Jam Milk / Water	Blueberry Pancake Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Porridge</i>	Chicken Fried Rice with Vegetable  <i>Infants under 1 Puree/mashed/chopped: Potato, Broccoli &amp; Black beans</i>	Fresh Fruit and Vegetable Platter with cheese and cracker  <i>Infants under 1 Puree/mashed/chopped: Peach &amp; Banana</i>	Whole grain corn thins
<b>Friday</b>	Weetbix Cornies or Cornflakes Toast with reduced sugar Jam Milk / Water	Pumpkin and Carrot Scone with Cheese stick Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Apple &amp; banana</i>	Tomato and Spinach Pasta with Chicken  <i>Infants under 1 Puree/mashed/chopped: Pumpkin, Carrot and Chickpeas</i>	Oats slice Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Apricot &amp; Banana</i>	Whole grain corn thins

At least 2 vegetables are served with each lunch meal, with at least 4 different colours and 5 different vegetables being served across the week.