



# Menu

## Week 3

	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	Fresh Fruit and vegetable platter with cheese and crackers  <i>Infants under 1 Puree/mashed/chopped: Banana &amp; apple</i>	Vegetarian Pasta with mushroom and lentils  <i>Infants under 1 Puree/mashed/chopped: Potato, Lentils, Carrot and Peas</i>	Beetroot Brownie Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Banana &amp; Peach</i>	Wholegrain corn thins
<b>Tuesday</b>	Weetbix Cornies or Cornflakes Toast with reduced sugar Jam Milk / Water	Corn and cheese scone Fresh Fruit Milk and Water  <i>Infants under 1 Puree/mashed/chopped: Porridge</i>	Chicken Curry with brown rice  <i>Infants under 1 Puree/mashed/chopped: Chickpeas, Kumara &amp; Carrot</i>	Courgette Fritter Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Banana &amp; Pear</i>	Wholegrain 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>	Lamb Mushroom Ragu  <i>Infants under 1 Puree/mashed/chopped: Kumara, lentils, &amp; Broccoli</i>	Apple Cinnamon Muffin Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Apple</i>	Wholegrain corn thins
<b>Thursday</b>	Weetbix Cornies or Cornflakes Toast with reduced sugar Jam Milk / Water	Breakfast trifle with yoghurt Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Porridge</i>	Macaroni Cheese with tuna and vegetable  <i>Infants under 1 Puree/mashed/chopped: Potato, Broccoli &amp; Chickpeas</i>	Banana Cake Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Peach &amp; Banana</i>	Wholegrain corn thins
<b>Friday</b>	Weetbix Cornies or Cornflakes Toast with reduced sugar Jam Milk / Water	Pineapple Pancake Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Apple &amp; banana</i>	Beef fried rice  <i>Infants under 1 Puree/mashed/chopped: Pumpkin, Black beans and Oats</i>	Banana oats square Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Apricot &amp; Banana</i>	Wholegrain 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.