



# Menu

## Week 2

	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>	Lamb Ragu  <i>Infants under 1 Puree/mashed/chopped: Potato, Cauliflower, Carrot and lentils</i>	Fresh Fruit and Vegetable Platter with cheese and crackers  <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	Red Bean Pancake Fresh Fruit & Milk and Water  <i>Infants under 1 Puree/mashed/chopped: Porridge</i>	Chicken Fried Rice with vegetables  <i>Infants under 1 Puree/mashed/chopped: Chickpeas, Kumara &amp; Carrot</i>	Orange Slice 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	Breakfast Trifle with yoghurt Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Banana &amp; Orange</i>	Chicken and Tomato Pasta with Vegetable  <i>Infants under 1 Puree/mashed/chopped: Chickpeas, Pumpkin, &amp; Broccoli</i>	Blueberry 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	Cheese and Tomato Scone Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Porridge</i>	Vegetarian Curry with Chickpeas and Brown rice  <i>Infants under 1 Puree/mashed/chopped: Potato, Broccoli &amp; Lentils</i>	Hummus & pita bread 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	Crumpet with Cheese Fresh Fruit & Milk / Water  <i>Infants under 1 Puree/mashed/chopped: Apple &amp; banana</i>	Sweet and Sour Chicken with rice  <i>Infants under 1 Puree/mashed/chopped: Pumpkin, Chickpeas and Oats</i>	Banana Bread 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.