



# Chef Mel's Menu

## WEEK ONE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Choose from: Wholemeal toast/English Muffins with spreads, Weetbix, Cornflakes, Porridge, Rice Bubbles. Served with Milk and Water.				
<b>MORNING TEA</b>	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter
<b>Drinks</b>	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>LUNCH</b>	<u>Beef Chilli Con carne tortillas</u> Lettuce, cheese,	<u>Vegetarian Pasta Carbonara</u> Apple & Cucumber Slices	<u>Healthy Japanese Sesame Tuna Rice Noodle Bowl</u> Carrot, Cucumber, corn , avocado	<u>Butter Chicken &amp; Basmati Rice</u> Peas, potato	<u>Spaghetti Bolognaise</u> Apple & Cucumber Slices
<b>Drinks</b>	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Fresh Fruit platter <u>Rice cakes &amp; Cheese</u>	Fresh Fruit & Vegetable <u>Dip &amp; Crackers</u>	Fruit platter <u>Banana &amp; Blueberry bread</u>	Fresh Fruit platter <u>Yoghurt</u>	Fresh Fruit platter <u>Wholemeal sandwiches</u> Cheese/cucumber
<b>Drinks</b>	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>LATE SNACK</b>	Choose from: Wholemeal Crackers/Rice Cakes and Cheese, Sultanas. Served with Water				
<b>Baby Room :</b>	A variety of freshly cooked vegetables tailored to infants' age (E.g: Mashed, lumpy, chopped, finger Foods.) Served with daily Lunch menu Item.				
<b>Allergies:</b>	Children with allergies or food intolerances are provided a tailored version of the Regular menu to suit their individual needs. See Allergy/Alternative Menu				



# Chef Mel's Menu

## WEEK TWO

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Choose from: Wholemeal toast/English Muffins with spreads, Weetbix, Cornflakes, Porridge, Rice Bubbles. Served with Milk and Water.				
<b>MORNING TEA</b>	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter
<b>Drinks</b>	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>LUNCH</b>	<u>Creamy Pumpkin Penne Pasta.</u> Cucumber & Apple Slices	<u>Coconut Chicken Curry-</u> cauliflower, peas, carrots Roti Bread	<u>Zucchini Slice</u> Wholemeal bread Beetroot, corn & Cucumber Slices	<u>Beef Chow Mein</u> Basmati Rice	<u>Spanish Tuna Pasta.</u> Apple & Cucumber Slices
<b>Drinks</b>	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Fresh Fruit platter <u>Assorted Roll Ups</u> Avocado, ham, chicken cucumber, carrot, cheese, tuna. Mountain bread	Fresh Fruit platter <u>Sultana's Cheese &amp; crackers</u> <u>Veggie stickes-</u> carrot, cucumber, capsicum	Fresh Fruit platter <u>Brown Rice Crackers &amp; Avocado Dip</u>	Fresh Fruit & Veggie platter <u>Rice Cakes &amp; cheese</u>	Fresh Fruit platter <u>Yoghurt</u>
<b>Drinks</b>	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>LATE SNACK</b>	Choose from: Wholemeal Crackers/Rice Cakes and Cheese, Sultanas. Served with Water				
<b>Baby Room :</b>	A variety of freshly cooked vegetables tailored to infants' age (E.g: Mashed, lumpy, chopped, Finger foods.) Served with daily Lunch menu Item.				
<b>Allergies:</b>	Children with allergies or food intolerances are provided a tailored version of the Regular menu to suit their individual needs. See Allergy/Alternative Menu				



# Chef Mel's Menu

## WEEK THREE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Choose from: Wholemeal toast/English Muffins with spreads, Weetbix, Cornflakes, Porridge, Rice Bubbles. Served with Milk and Water.				
MORNING TEA	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter
DRINKS	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
LUNCH	<u>Chicken Bengali</u> Basmati Rice	<u>Mediterranean Tuna Pasta</u> Cucumber/ Apple Slices	<u>HOISIN BEEF NOODLES</u> Carrot, wombok cabbage, spring onion & Cucumber/apple slices	<u>PUMPKIN SOUP Served with Wholemeal bread</u> Cucumber & apple slices	<u>Honey Mustard Chicken &amp; Rice</u> MIXED VEGETABLES- peas, corn, carrot
DRINKS	Water	Water	Water	Water	Water
AFTERNOON TEA	Fresh Fruit platter  <u>Yoghurt</u>	Fruit & Vegetable platter <u>Raisin Bread</u>	Fresh Fruit platter  <u>Carrot &amp; Pineapple Muffins</u>	Fresh Fruit platter  <u>Avocado Dip &amp; crackers</u>	Fresh Fruit & Veggie Platter <u>Rice Cakes &amp; Tasty Cheese</u>
DRINKS	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
LATE SNACK	Choose from: Wholemeal Crackers/Rice Cakes and Cheese, Sultanas. Served with Water				
Baby Room : A variety of freshly cooked vegetables tailored to infants' age (E.g: Mashed, lumpy, chopped, Finger foods.) Served with daily Lunch menu Item.					
Allergies :Children with allergies or food intolerances are provided a tailored version of the Regular menu to suit their individual needs. See Allergy/Alternative Menu					



# Chef Mel's Menu

## WEEK FOUR

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	Choose from: Wholemeal toast/English Muffins with spreads, Weetbix, Cornflakes, Porridge, Rice Bubbles. Served with Milk and Water.				
<b>MORNING TEA</b>	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter	Fresh Fruit platter
Drinks	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>LUNCH</b>	<u>Tuna Pasta Mornay</u> Cucumber, Apple, Beetroot	<u>Hungarian Beef Goulash</u> Basmati Rice	<u>Chicken Souvlaki-</u> pita bread, lettuce tzatziki, oven baked potatoes	<u>Spanish Tuna Stew &amp; Brown Rice</u> Potatoes, capsicum, tomatoes	<u>Spinach &amp; Yellow Lentil Dhal</u> Spiced Cous Cous Apple & Cucumber Slices
Drinks	Water	Water	Water	Water	Water
<b>AFTERNOON TEA</b>	Fresh Fruit & Vegetable platter <u>Avocado Dip &amp; Crackers</u>	Fresh Fruit platter <u>Rice Cakes with Sliced Tasty Cheese &amp; Tomato</u>	Fresh Fruit platter <u>Yoghurt</u>	Fresh Fruit Platter <u>Blueberry &amp; Chia Seed Muffins</u>	Fresh Fruit platter <u>Raisin Bread</u>
Drinks	Milk & Water	Milk & Water	Milk & Water	Milk & Water	Milk & Water
<b>LATE SNACK</b>	Choose from: Wholemeal Crackers/Rice Cakes and Cheese, Sultanas. Served with Water				
<b>Baby Room :</b>	A variety of freshly cooked vegetables tailored to infants' age (E.g: Mashed, lumpy, chopped, Finger foods.) Served with daily Lunch menu Item.				
<b>Allergies:</b>	Children with allergies or food intolerances are provided a tailored version of the Regular menu to suit their individual needs. See Allergy/Alternative Menu				