



WINTER MENU WEEK 1

FRUIT PLATTER

- Seasonal Fruits

PUREED FRUITS:

- Variety of Fruits

GRAZING PLATER —

varied assortment of

- Dip: Tzatziki
- Raw Veggies (parboiled/grated)
- Fruit
- Cheese Cubes
- Sultanas — 8 mths
- Dried Toast — 6 mths
- Cruskits — 6 mths

DRINKS

Breast Milk, Formula, Cows Milk
Cooled Boiled Water

LATE SNACK

Sandwiches: Wholemeal Bread or
Gluten Free Bread for specific
dietary requirements
Nuttelex Margarine
Cheese

FOR DIET REQUIREMENTS

Inform us prior to sending
your child to daycare.

Adaptations for Infants Age Appropriate Meals

	Newborn 0-4 months	4-6 months pureed	6-12 months coarsely pureed/ mashed/lumpy/ finely chopped progressing to finger food	Regular Menu 12 months
Morning Tea	Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water Rice Cereal Pureed Fruit as required	Rice cereal with pureed/ chopped fruits	Regular Menu
Lunch	Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water Pureed Vegetables as required	Coarsely pureed cooked vegetables/ finely chopped with main menu adapted	Regular Menu
Afternoon	Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water Pureed Fruit & Rice Cereal as required	Fruits/Yoghurt/ Sandwiches prepared for specific age groups	Regular Menu
Late	Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water	Fruit and sandwiches prepared for specific age	Regular Menu

MON

TUE

WED

THU

FRI

12 months Regular Menu

Morning

Pureed / Fruit
with Rice
Cereal

Lunch

Hearty Winter
Vegetable
Soup with
Garlic Bread

Afternoon

Tuna Salad
Wraps/
Falafel Wraps/
Banana Cake/

Late

Sandwiches

Pureed / Fruit
with Rice
Cereal

Chicken
Vegetable
Curry

Two Fruits,
Weet-Bix
& Vanilla
Yoghurt

Sandwiches

Pureed / Fruit
with Rice
Cereal

Tuna
Creamy
Pasta

Grazing
Platter with
Tzatziki Dip

Sandwiches

Pureed / Fruit
with Rice
Cereal

Chicken
Minestrone
Soup with
Garlic Bread

Pumpkin Spice
Cake Bites

Sandwiches

Pureed / Fruit
with Rice
Cereal

Fish & Chips
with
Veggie Sticks

Two Fruits,
Weet-Bix &
Vanilla
Yoghurt

Sandwiches



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- Fruit
- Cheese Cubes
- Sultanas — 8 mths
- Dried Toast — 6 mths
- Cruskits — 6 mths

DRINKS

Breast Milk, Formula, Cows Milk
Cooled Boiled Water

LATE SNACK

Sandwiches: Wholemeal
Bread or Gluten Free Bread
for specific dietary
requirements
Nuttelex Margarine
Cheese

FOR DIET REQUIREMENTS

Inform us prior to sending
your child to daycare.

Name of Child:	Room: Date:	Allergy to:	Food Preference:	Days Attending:
Name & Signature of Educator	Name & Signature of Parent/ Carer	Name & Signature of Food Safety Supervisor	Name & Signature Manager/ Representative	Please Circle: Newborn 4-6 mths 6-12 mths Regular

Adaptations for Infants - Age Appropriate Meals

		Newborn 0-4 months	4-6 months pureed	6-12 months coarsely pureed/ mashed/lumpy/ finely chopped progressing to finger food	Regular 12 months
Morning Tea					
		Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water Rice Cereal Pureed Fruit as required	Rice cereal with pureed/chopped fruits	Regular Menu
Lunch					
		Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water Pureed Vegetables as required	Coarsely pureed cooked vegetables/finely chopped with main menu adapted	Regular Menu
Afternoon					
		Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water Pureed Fruit & Rice Cereal as required	Fruits/Yoghurt/ Sandwiches prepared for specific age groups	Regular Menu
Late					
		Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water	Fruit and sandwiches prepared for specific age groups	Regular Menu

		MON	TUE	WED	THU	FRI
12 months Regular Menu	Morning	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal
	Lunch	Hearty Winter Vegetable Soup With Garlic Bread	Chicken Vegetable Curry	Tuna Creamy Pasta	Chicken Minestrone Soup with Garlic Bread	Fish & Chips with Veggie Sticks
	Afternoon	Tuna Salad Wraps/ Falafel Wraps/ Banana Cake/	Two Fruits, Weet-Bix & Vanilla Yoghurt	Grazing Platter with Tzatziki Dip	Pumpkin Spice Cake Bites	Two Fruits, Weet-Bix & Vanilla Yoghurt
	Late	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches



WINTER MENU WEEK 2

FRUIT PLATTER

- Seasonal Fruits

PUREED FRUITS:

- Variety of Fruits

GRAZING PLATER — varied assortment of

- Dips: Tzatziki
- Raw Veg (parboiled/grated)
- Fruit
- Cheese Cubes
- Sultanas — 8 mths
- Dried Toast — 6 mths
- Cruskits — 6 mths

DRINKS

Breast Milk, Formula, Cows Milk
Cooled Boiled Water

LATE SNACK

Sandwiches: Wholemeal Bread or
Gluten Free Bread for specific
dietary requirements
Nuttelex Margarine
Cheese

FOR DIET REQUIREMENTS

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Adaptations for Infants Age Appropriate Meals

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Lunch	Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water Pureed Vegetables as required	Coarsely pureed cooked vegetables/ finely chopped with main menu adapted	Regular Menu
Afternoon	Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water Pureed Fruit & Rice Cereal as required	Fruits/Yoghurt/ Sandwiches prepared for specific age groups	Regular Menu
Late	Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water	Fruit and sandwiches prepared for specific age groups	Regular Menu

		MON	TUE	WED	THU	FRI
12 months Regular Menu	Morning	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice
	Lunch	Pumpkin Soup	Hearty Lamb Soup	Chicken Risoni with Mushroom	Hoisin Beef Noodles	Stir Fry Lamb with Crispy Mashed Potatoes
	Afternoon	Spinach and Ricotta Rolls/ Banana Cake	Grazing Platter & Tzatziki Dip	Chicken Salad Wraps/ Falafel Wraps	Vegan Oatmeal Cookies	Chicken Margherita Pizza
	Late	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches



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GRAZING PLATER —

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- Dip: Tzatziki
- Raw Veg (parboiled/grated)
- Fruit
- Cheese Cubes
- Sultanas — 8 mths
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DRINKS

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Cooled Boiled Water

LATE SNACK

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Cheese

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Adaptations for Infants - Age Appropriate Meals

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Lunch	Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water Pureed Vegetables as required	Coarsely pureed cooked vegetables/finely chopped with main menu adapted	Regular Menu
Afternoon	Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water Pureed Fruit & Rice Cereal as required	Fruits/Yoghurt/ Sandwiches prepared for specific age groups	Regular Menu
Late	Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water	Fruit & sandwiches specific age groups	Regular Menu

MON

TUE

WED

THU

FRI

12 months Regular Menu

Morning	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice
Lunch	Pumpkin Soup	Hearty Lamb Soup	Chicken Risoni with Mushroom	Hoisin Beef Noodles	Stir Fry Lamb with Crispy Mashed Potatoes
Afternoon	Spinach & Ricotta Rolls/ Banana Cake	Grazing Platter with Tzatzki Dip	Chicken Salad Wraps/ Falafel Wraps	Vegan Oatmeal Cookies	Chicken/ Margherita Pizza
Late	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches



WINTER MENU WEEK 3

FRUIT PLATTER
 - Seasonal Fruits

PUREED FRUITS:
 - Variety of Fruits

GRAZING PLATER —
 varied assortment of
 - Dips: Tzatziki
 - Raw Veggies (parboiled/grated)
 - Fruit
 - Cheese Cubes
 - Sultanas — 8 mths
 - Dried Toast — 6 mths
 - Cruskits — 6 mths

DRINKS
 Breast Milk, Formula, Cows Milk
 Cooled Boiled Water

LATE SNACK
 Sandwiches: Wholemeal Bread or
 Gluten Free Bread for specific
 dietary requirements
 Nuttalex Margarine
 Cheese

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Adaptations for Infants

Age Appropriate Meals

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Afternoon	Breast milk or infant formula	Breast milk or infant formula cooled boiled tap water Pureed Fruit & Rice Cereal as required	Fruits/Yoghurt/ Sandwiches prepared for specific age groups	Regular Menu
Late	Breast milk or	Breast milk or infant formula cooled boiled tap water	Fruit and sandwiches prepared for specific age	Regular Menu

MON

TUE

WED

THU

FRI

12 months Regular Menu	Morning	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal
	Lunch	Creamy Vegetable Soup	Lamb & Lentil Casserole with Lebanese Bread	Coconut Fish With Basmati Rice	Beef Bolognese with Spaghetti	Hearty French Chicken Soup
	Afternoon	Blueberry Muffins/ Banana Cake	Two Fruits, Vanilla Yoghurt & Weet-Bix	Chicken Salad Wraps Apple & Pear Crumble	Grazing Platter with Tzatziki Dip	Spinach and Ricotta Muffin
	Late	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches



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MON

TUE

WED

THU

FRI

12 months Regular Menu

Morning	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal
Lunch	Creamy Vegetable Soup	Lamb & Lentil Casserole with Lebanese Bread	Coconut Fish With Basmati Rice	Beef Bolognese with Spaghetti	Hearty French Chicken Soup
Afternoon	Blueberry Muffins/ Banana Cake	Two Fruits, Vanilla Yoghurt & Weet-Bix	Chicken Salad Wraps Apple & Pear Crumble	Grazing Platter with Tzatziki Dip	Spinach and Ricotta Muffin
Late	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches