SUMMER MENU WEEK 1

FRUIT PLATTER

- Seasonal Fruits

PUREED FRUITS:

- Variety of Fruits

GRAZING PLATER —

varied assortment of

- Dips: Hummus
- Raw Veges (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 & Vegemite

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	Regular Menu 12 months
Breast milk or Infant Formula	Breast milk or infant formula cooled boiled tap water Pureed Fruit as required	Rice cereal with pureed/chopped fruits	Regular Menu
Breast milk or Infant Formula	Breast milk or infant formula cooled boiled tap water Pureed Fruit as required	Coarsely pureed cooked vegetables/ finely chopped with main menu adapted	Regular Menu
Breast milk or Infant Formula	Breast milk or infant formula cooled boiled tap water Pureed Fruit as required	Fruits/Yoghurt/ Sandwiches prepared for specific age groups	Regular Menu
Breast milk or Infant formula	Breast milk or infant formula cooled boiled tap water Pureed Fruit as	Fruits/Yoghurt/ sandwiches/ steamed carrot prepared for specific age groups	Regular Menu
	O-4 months Breast milk or Infant Formula Breast milk or Infant Formula Breast milk or Infant Formula	Breast milk or Infant Formula Breast milk or infant formula cooled boiled tap water Pureed Fruit as required Breast milk or infant formula cooled boiled tap water Breast milk or infant formula cooled boiled tap water	Newborn 0-4 months 1-6 months pureed 1-6 months pureed 1-7 mashed/lumpy/finely chopped progressing to finger 1-8 Breast milk

		MON	TUE	WED	THU	FRI
	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
12 Months Regular	Lunch	Chickpeas and Potato Curry with Rice	Mexican Chilli Chicken with Beans, Capsicum, Tortilla Wraps with Salad	Beef Bolognaise with Spiral Pasta	Chicken Tikka with Sweet Potato and Basmati Rice	Beef Casserole with Brown Rice and Salad
Menu	Afternoon	Carrot & Sultana Loaf	Vanilla Yoghurt with Weet-Bix Crumble and Two Fruits	Seasonal Fruit	Grazing Platter & Hummus Dip	Banana and Date Slice
	Late	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches



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MON

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	Regular Menu or Infant Menu

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

groups

THU

FRI

Regular Menu

12 months

			progressing to iniger root	12 1110111113
Morning Tea	Breast milk or Infant Formula	Breast milk or infant formula cooled boiled tap water 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 Fruit 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 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	Fruits/Yoghurt/ sandwiches/ steamed carrot prepared for specific age	Regular Menu

Pureed Fruit as

required

WED

		101011				
	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
12 Months Regular	n Lunch	Chickpeas and Potato Curry with Rice	Mexican Chilli Chicken with Beans, Capsicum, Tortilla Wraps with Salad	Beef Bolognaise with Spiral Pasta	Chicken Tikka with Sweet Potato and Basmati Rice	Beef Casserole with Brown Rice and Salad
Menu	Afternoon	Carrot & Sultana Loaf	Vanilla Yoghurt with Weet-Bix Crumble and Two Fruits	Seasonal Fruit	Grazing Platter & Hummus Dip	Banana and Date Slice
	Late	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches

TUE

SUMMER MENU WEEK 2

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PUREED FRUITS:

- Variety of Fruits

GRAZING PLATER —

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- Dips: Hummus
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- Fruit
- Cheese Cubes
- Sultanas 8 mths
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DRINKS

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Late	Breast milk or Infant formula	Breast milk or infant formula cooled boiled tap water Pureed Fruit as	Fruits/Yoghurt/ sandwiches/ steamed carrot prepared for specific age groups	Regular Menu
		required		

		MON	TU	JE	WED	TH	łU	FRI
	Morning	ureed / Fruit with Rice Cereal	with	d / Fruit Rice real	Pureed / Fruit with Rice Cereal	with	d / Fruit Rice real	Pureed / Fruit with Rice Cereal
12 Months Regular	Lunch	Vegetable Bolognaise with Penne	Bee Vegetab with B	le Stew Brown	Chicken Stir Fry with Egg Free Wheat Noodles	Fish C wit Vegeta & White	h ibles	Moroccan Chicken with Rice Pilaf and Salad
Menu	Afternoon	Carrot & Sultana Loaf	with W	Yoghurt /eet-Bix le & Two uits	Banana Bread	Graz Platt Humm	er &	Seasonal Fruit
		andwiches		viches	Sandwiches	Sandw	viches	Sandwiches



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Adaptations for Infants - Age Appropriate Meals

Теа	Newborn 0-4 months Breast milk	4-6 months pureed Breast milk or	6-12 months coarsely pureed/mashed/ lumpy/finely chopped progressing to finger food	Regular Menu 12 months
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MON	TUE	WED	THU	FRI

	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
12 Months Regular	Lunch	Vegetable Bolognaise With Penne	Beef & Vegetable Stew with Brown Rice	Chicken Stir Fry with Egg Free Wheat Noodles	Fish Curry with Vegetables & White Rice	Moroccan Chicken with Rice Pilaf and Salad
Menu	Afternoon	Carrot & Sultana Loaf	Vanilla Yoghurt with Weet-Bix Crumble & Two Fruits	Banana Bread	Grazing Platter & Hummus Dip	Seasonal Fruit
	Late A		Sandwiches	Sandwiches	Sandwiches	Sandwiches



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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
	Late Afternoon Lunch	Curried Vegetables & Lentils With Rice	Summer Fried Rice with Chicken & Vegetables & Salad		Beef & Vegetable Meatballs with Brown Rice	Baked Chicken & Vegetable Au Gratin & Salad	Beef Spaghetti
		Grazing Platter & Hummus Dip	Banana & Date Slice		Vanilla Yoghurt with Weet-Bix Crumble & Two Fruits	Seasonal Fruit	Carrot & Sultana Loaf
		Sandwiches	Sandwiches		Sandwiches	Sandwiches	Sandwiches



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	MON		TUE		WED	THU	FRI
12 Months Regular Menu	with	d / Fruit Rice real	Pureed / Fruit with Rice Cereal		Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal	Pureed / Fruit with Rice Cereal
	Cu Veget Le	irried tables & entils h Rice	Summer Fried Rice with Chicken & Vegetables & Salad		Beef & Vegetable Meatballs with Brown Rice	Baked Chicken & Vegetable Au Gratin & Salad	Beef Spaghetti
	Gr. Pla	azing tter & mus Dip	Banana & Date Slice		Vanilla Yoghurt with Weet-Bix Crumble & Two Fruits	Seasonal Fruit	Carrot & Sultana Loaf
	Sandv	wiches	Sandwiches		Sandwiches	Sandwiches	Sandwiches