



SUMMER MENU WEEK 1

FRUIT PLATTER

- Seasonal Fruits

PUREED FRUITS:

- Variety of Fruits

GRAZING PLATER —

varied assortment of

- Dips: Hummus
- 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 & 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
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 Pureed Fruit as required	Fruits/Yoghurt/ sandwiches/ steamed carrot prepared for specific age groups	Regular Menu

MON

TUE

WED

THU

FRI

12 Months
Regular
Menu

Morning
Lunch
Afternoon
Late

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
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
Carrot & Sultana Loaf	Vanilla Yoghurt with Weet-Bix Crumble and Two Fruits	Seasonal Fruit	Grazing Platter & Hummus Dip	Banana and Date Slice
Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches



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DRINKS

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Cows Milk,
Cooled Boiled Water

LATE SNACK

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Or Gluten Free Bread for
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Nuttelext Margarine
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FOR DIET

REQUIREMENTS

Inform us prior to sending
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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	Regular Menu 12 months
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 Pureed Fruit as required	Fruits/Yoghurt/ sandwiches/ steamed carrot 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	Chickpeas and Potato Curry with Rice	Mexican Chilli Chicken with Beans, Capsicum, Tortilla Wraps with Salad	Beef Bolognese with Spiral Pasta	Chicken Tikka with Sweet Potato and Basmati Rice	Beef Casserole with Brown Rice and Salad
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



SUMMER MENU WEEK 2

FRUIT PLATTER

- Seasonal Fruits

PUREED FRUITS:

- Variety of Fruits

GRAZING PLATER —

varied assortment of

- Dips: Hummus
- 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

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Nuttelex Margarine
Cheese & Vegemite

FOR DIET

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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 Pureed Fruit as required	Fruits/Yoghurt/ sandwiches/ steamed carrot 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	Vegetable Bolognese 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
	Afternoon	Carrot & Sultana Loaf	Vanilla Yoghurt with Weet-Bix Crumble & Two Fruits	Banana Bread	Grazing Platter & Hummus Dip	Seasonal Fruit
	Late	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches



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GRAZING PLATER —

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- Fruit
- Cheese Cubes
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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
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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	Vegetable Bolognese 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
Afternoon	Carrot & Sultana Loaf	Vanilla Yoghurt with Weet-Bix Crumble & Two Fruits	Banana Bread	Grazing Platter & Hummus Dip	Seasonal Fruit
Late	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches



SUMMER MENU WEEK 3

FRUIT PLATTER

- Seasonal Fruits

PUREED FRUITS:

- Variety of Fruits

GRAZING PLATER —

varied assortment of

- Dips: Hummus
- Raw Veggies (parboiled/grated)
- Fruit
- Cheese Cubes
- Sultanas — 8 mths
- Dried Toast — 6 mths
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	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
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MON

TUE

WED

THU

FRI

12 Months Regular Menu

Morning Lunch Afternoon Late	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	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
	Afternoon	Grazing Platter & Hummus Dip	Banana & Date Slice	Vanilla Yoghurt with Weet-Bix Crumble & Two Fruits	Seasonal Fruit	Carrot & Sultana Loaf
	Late	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches



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	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
	Afternoon	Grazing Platter & Hummus Dip	Banana & Date Slice	Vanilla Yoghurt with Weet-Bix Crumble & Two Fruits	Seasonal Fruit	Carrot & Sultana Loaf
	Late	Sandwiches	Sandwiches	Sandwiches	Sandwiches	Sandwiches