

Week 1 Spring/ Summer	Morning Tea	Lunch	Afternoon Tea
MONDAY	Seasonal fresh fruit With fruit loaf.	Apricot butter chicken Lightly spiced chicken thigh and vegetables, simmered in Apricot and coconut cream sauce. Served with brown rice and mashed sweet potato	Fruit salad and yoghurt
TUESDAY	English muffins with seasonal fruit	Burrito bowls Beef mince flavoured with coriander and cumin, fibre rich kidney beans hidden vegetables simmered in a rich tomato sauce. Served with brown rice, shredded lettuce, cheese and corn kernels +Sweet potato mash for babies	Assorted sandwiches
WEDNESDAY	Seasonal fresh fruit With fruit loaf.	Veggie rich mac and cheese Macaroni in a Pureed cauliflower pumpkin, zucchini and sweet potato white sauce. Served with steamed corn Mashed pumpkin for babies room	Hawaiian scrolls
THURSDAY	Wholemeal bread with seasonal fresh fruit	Lamb and mint pie Ground Lamb and diced veggies simmered in a Worcestershire and mint based gravy topped with fluffy mashed potato and melted cheese. Served with roasted vegetables	Milk and Anzac cookies
FRIDAY	English muffins with seasonal fruit	Cheesy Salmon and rice bake Salmon ,rice and mixed vegetables topped with a cheesy mornay sauce baked until golden brown. served with broccoli +potato mash for babies	Raspberry choc muffins

Most of the meals can be adjusted to suit dietary needs. Dairy milk served with both morning and afternoon tea.