

SAMPLE MENU- WEEK 1

CHILDREN WITH FOOD ALLERGIES AND INTOLERANCES ARE PROVIDED WITH SUITABLE NUTRITIOUS ALTERNATIVES.

Halal Certified

Water is offered at all meals and is available freely throughout the day

	M	T	W	T	F
MORNING TEA	Yoghurt cups with muesli & fresh fruit	Wholemeal Turkish toast with cheese + seasonal fresh fruit platter	Homemade Banana Bread + seasonal fresh fruit platter	Avocado on Wholemeal toast + seasonal fresh fruit platter	Raisin toast + seasonal fresh fruit platter
LUNCH	Creamy tomato chicken pasta with seasonal vegetables	Spaghetti bolognese with seasonal vegetables	Teriyaki beef with brown rice & vegetables	Lamb rogan josh seasonal vegetables and brown rice	Pumpkin & white bean soup with oven baked garlic bread
AFTERNOON TEA	Charred pita bread & Hummus with fresh cut salad	Corn thins, cheese & Tzatziki + fresh fruit & vegetables	Vegetable Samosa + fresh fruit & vegetables	Carrot & Cinnamon slice + fresh fruit & vegetables	Housemade chicken & veg sausage rolls + fresh fruit & vegetables

Vitamin C is important for iron absorption, especially for vegetarian meals!

★ A variety of fruit & vegetables in a Child's diet is very important- We ensure children are offered the freshest selection of seasonal fruit & veggies, every day to meet their daily recommended requirements! ★

This menu has been created on the basis of children having a high iron breakfast cereal/ wholemeal toast and an additional cup of milk to fulfil the daily serve requirements recommended.