

WEEK 3 Weekly Goals	MONDAY Express individual Taste	TUESDAY Use language and gestures to choose foods	WEDNESDAY Self-Serve and eat independently	THURSDAY Try new foods	FRIDAY Sense of smell
Breakfast	A mixture of cereals (weetbix, rice bubbles, corn flakes) & toast with spreads (vegemite, or jam, or Nuttlex)				
Morning Tea Served with Milk or Water	Fruit Salad with Custard Bananas, watermelon, apples, pear, vanilla custard	Seasonal Fruit Platter Eg. Bananas, watermelon, apples, pears, oranges, grapes	Fruit Platter with Cheese and Rice Crackers Bananas, apples, watermelon, pear, cheese cubes, rice crackers	Fruit Platter with Yoghurt Bananas, watermelon, apples, pear, yoghurt	Fruit platter with cheese Bananas, apples, watermelon, pears, cheese cubes
	1 1 4 1 1 1	1 1 4 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1
Lunch Served with water All children with alternative requirements will be given all meals as close to what is on the menu as possible.	Creamy Tomato Vegetarian Pasta Pasta, tomato passata, corn, carrot, pumpkin, peas, whole peeled tomatoes, garlic, basil, parsley, mozzarella cheese	Chicken Noodle Soup with Wholemeal Bread Macaroni/noodles, chicken breast, carrot, chicken stock, garlic, celery, pumpkin, spices, wholemeal bread	Mexican Beef with Rice Brown rice, beef mince, onion, celery, carrot, corn, red capsicum, diced tomatoes, butter beans, beef stock, spices, limes, sour cream	Honey Mustard Chicken and Rice Chicken mince, brown rice, carrots, green beans, corn, onion, chicken stock, honey, mustard, garlic, coconut cream	Tuscan Chicken Pasta Chicken mince, pasta, coconut cream, corn, zucchini, pumpkin, red capsicum, garlic, onion, Moroccan seasoning, parsley
	1 1 5 1 1 1	1 1 2 1 5 1	1 1 1 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1
Afternoon Served with water or milk	Fruit and Veggie Platter with Cheese and Crackers Carrot, celery, cherry tomato, apple, pear cheese cubes, crackers	Apple and Sultana Muffins Flour, apples, sultanas, milk, Nuttellex, maple syrup, cinnamon, yoghurt	Choc Berry Beetroot Loaf Flour, raspberries, beetroot, coconut, cocoa powder, maple syrup, Nuttellex, natural yoghurt	Raisin Bread with Nuttlex Raisin bread, Nuttlex	Cinnamon Pear Loaf Flour, Nuttlex, pears, apple puree, cinnamon, maple syrup, coconut cream
	1 1 2 1 3 1	1 1 2 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1
Late Snack	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers	Fruit and Crackers
	1 1 1 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1	1 1 1 1 1 1
Total Serves offered of the day	2 3 7 0 8	2 4 7 1 6 1	3 3 3 1 2 1	1 3 3 1 1 1	1 4 3 1 1 2
Dairy	Pasta, Rice, Breads	Fruit	Fish, Red or White Meat	Vegetables	Fats/oils

