

WEEK 4 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 Vanilla Custard Bananas, watermelon, apples, pears, vanilla custard	Seasonal Fruit Platter Eg. Bananas, watermelon, apples, pears, oranges	Fruit Platter with Yoghurt Bananas, watermelon, apples, pear, yoghurt	Fruit platter with cheese and rice crackers Bananas, apples, watermelon, pear, cheese cubes, rice crackers	Seasonal Fruit Platter with Cheese Cubes Eg. Bananas, watermelon, apples, pears, cheese
	1 4 1 5	5 1 5	1 4 1	1 1 4 1 5	1 4 1 7
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 Chicken and Vegetable Pasta Chicken mince, pasta, corn, carrot, pumpkin, peas, diced tomatoes, garlic, Italian herbs, coconut cream, parsley	Chicken Curry with Rice Chicken breast, rice, onion, curry powder, pumpkin, carrot, cauliflower, coconut milk, chicken stock, soy sauce, baby spinach	Pumpkin Soup with Wholemeal Bread Pumpkin, potatoes, onion, sweet potato, vegetable stock, nutmeg, wholemeal bread, Nuttlex	Chicken Stir Fry with Rice Chicken, rice, beans, carrots, red capsicum, broccoli, baby corn, soy sauce	Spaghetti Bolognese Pasta, beef mince, passata, onion, carrots, celery, mushrooms, red and green capsicum, diced tomatoes, garlic, oregano, parsley
	1 1 5	1 1 5	1 4 1	1 1 5	1 1 7
Afternoon Served with water or milk	Pizza Scrolls Puff pastry, Nuttlex, tomato paste, garlic, basil, oregano, mozzarella cheese	Banana Bread Flour, coconut cream, milk, bananas, cinnamon, nutmeg, sugar, Nutellex	Scones Flour, milk, butter, vegetable oil, jam, cream	Cinnamon & Apple Muffins Flour, apple, cinnamon, coconut cream, maple syrup, Nutellex, vanilla essence	Spiced Carrot Cake Flour, Nuttlex, milk, carrots, apple puree, coconut cream, mixed spice, maple syrup, sultanas
	1 1 1 1	1 1 1 1	2 1 1 1	1 1 1 1	1 1 2 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
Total Serves offered of the day	2 3 6 1 5	1 3 7 1 5 1	3 3 5 0 4 2	1 4 6 1 5 1	2 3 7 1 8 1
Dairy	Pasta, Rice, Breads	Fruit	Fish, Red or White Meat	Vegetables	Fats/oils

