

	Monday	Tuesday	Wednesday	Thursday	Friday
Bf	Selection of cereal: Weetabix, corn flakes, or rice bubbles. Wholemeal/wholegrain toast with spreads. Fresh Fruit.				
Morning tea	Vanilla Greek yogurt and crunchy granola cups with fresh fruit platter	Banana berry overnight oats with fresh fruit platter	Chickpea, cream corn and cheese toastie fingers with fresh fruit platter	French toast and spiced apple compote with fresh fruit platter	Carrot crumble cake with fresh fruit platter
	Dairy-free yogurt Gluten-free oats	Dairy-free milk/yogurt Gluten-free flour/oats	Dairy-free Cheese Gluten-free Bread	Dairy-free milk/Yogurt Gluten-free Bread	Dairy-free milk Gluten-free flour/Oats
	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees
Lunch	Mexican chicken burrito bowls Chicken breast, tomatoes, onions, spinach, corn, black beans, wholemeal wraps, jasmine rice and fresh garden herbs	Baked Italian meatballs with herb crust Beef mince, lentils, onions, spinach, carrots, zucchini, tomatoes, spices, wholemeal spiral pasta and fresh garden herbs	Vegetarian risotto with roasted pepper pesto Pumpkin, white beans, mushrooms, corn, onions, spinach, spices, red peppers, sunflower seeds, parmesan cheese, arborio rice and fresh garden herbs	Beef kofta curry and flatbreads with cucumber yogurt Beef mince, red kidney beans, onions, spinach, mixed vegetables, tomatoes, spices, wholemeal flatbread, Greek yogurt, cucumber and fresh garden herbs	Creamy chickpea and fish bake with crusty baguette Fish, chickpeas, sweet potato, onions, corn, milk, flour, spices, cheese, wholemeal penne pasta and fresh garden herbs
	Dairy-free cheese Mexican spiced tofu Gluten-free wraps	Tofu and lentil patties Gluten-free pasta	Dairy-free cheese	Dairy-free yogurt	Dairy-free cheese Gluten-free pasta/flour
	Selection of fruit/vegetable purees and/or roasted vegetable fingers	Selection of fruit/vegetable purees and/or Roasted Vegetable Fingers	Selection of fruit/vegetable purees and/or roasted vegetable fingers	Selection of fruit/vegetable purees and/or roasted vegetable fingers	Selection of fruit/vegetable purees and/or roasted vegetable fingers
Afternoon tea	Chocolate and date cinnamon scrolls with fresh fruit platter	Tzatziki, cheese and crunchy vegetable board with fresh fruit platter	Banana cake and cream cheese swirl with fresh fruit platter	Polenta, sundried tomato and cheese loaf with fresh fruit platter	Assorted multigrain sandwiches with fresh fruit platter
	Gluten-free pastry	Dairy-free cheese Gluten-free crackers	Dairy-free Cheese/milk Gluten-free flour	Dairy-free cheese Gluten-free flour	Dairy-free cheese Gluten-free bread
	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees
Ls	Wholegrain sandwiches, wholemeal/wholegrain crackers, cheese, vegetable sticks and fresh fruit.				

Our Alternative Menu Option
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	Monday	Tuesday	Wednesday	Thursday	Friday
Bf	Selection of cereal: Weetabix, corn flakes or rice bubbles. Wholemeal/wholegrain toast with spreads. Fresh Fruit.				
Morning tea	Sweet potato, white bean and cheese toastie fingers with fresh fruit platter	Vanilla Greek yogurt and crunchy granola cups with fresh fruit platter	Spiced apple pie overnight oats with fresh fruit platter	Cheesy chickpea, herb and garlic crusty baguette wedges with fresh fruit platter	Blueberry crumble cake with fresh fruit platter
	Dairy-free cheese Gluten-free bread	Dairy-free yogurt Gluten-free oats	Dairy-free milk/yogurt Gluten-free flour/oats	Dairy-free Cheese Gluten-free Bread	Dairy-free milk Gluten-free flour/Oats
	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees
Lunch	Future Foodies pork sausage rolls with mediterranean pasta salad Pork mince, onions, lentils, spinach, carrots, zucchini, spices, breadcrumbs and puff pastry, pasta, tomatoes, olives, capers and fresh garden herbs	Coconut-infused vegetable and chicken curry with steamed herb brown rice Fish, chickpeas, onions, sweet potatoes, coconut milk, peas, tomatoes, spices, brown rice and fresh garden herbs	Classic beef rissoles with mixed vegetable mash & homemade tomato dipping sauce Beef mince, lentils, onions, spinach, carrots, zucchini, spices, beetroot, tomatoes, sweet potato, potato, pumpkin and fresh garden herbs	Assorted selection of multigrain sandwiches/wraps and baguettes Roasted chicken, pumpkin, cheese, carrot, tuna, Vegemite, cucumber and multi-grain bread, wraps and baguettes	Protein Power Twist mac and cheese pasta bake with twisty spiced puffs Onions, white beans, chickpeas, cannellini beans, spices, corn, cheese, milk, puff pastry, wholemeal penne pasta and fresh garden herbs
	Gluten-free pastry Gluten-free breadcrumbs Chicken mince or veggie lentil patty and crispy pastry rounds	Coconut tofu curry	Tofu and lentil patties	Dairy-free cheese Gluten-free bread	Dairy-free cheese/milk Gluten-free bread/flour
	Selection of fruit/vegetable purees and/or roasted vegetable fingers	Selection of fruit/vegetable purees and/or roasted vegetable fingers	Selection of fruit/vegetable purees and/or roasted vegetable fingers	Selection of fruit/vegetable purees and/or roasted vegetable fingers	Selection of fruit/vegetable purees and/or roasted vegetable fingers
Afternoon tea	Chocolate lamington scrolls with fresh fruit platter	Assorted selection of multigrain sandwiches with fresh fruit platter	Roasted pumpkin, cream cheese and caramelised onion dip on multigrain Corn thins with fresh fruit platter	Chocolate and beetroot mini muffins with fresh fruit platter	Roasted red pepper and cheese smash on baguette logs with fresh fruit platter
	Gluten-free pastry	Dairy-free cheese Gluten-free bread	Dairy-free cheese	Gluten-free bread	Dairy-free cheese Gluten-free bread
	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees
Ls	Wholegrain sandwiches, wholemeal/wholegrain crackers, cheese, vegetable sticks and fresh fruit.				

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	Monday	Tuesday	Wednesday	Thursday	Friday
Bf	Selection of cereal: Weetabix, corn flakes or rice bubbles. Wholemeal/wholegrain toast with spreads. Fresh Fruit.				
Morning tea	Zucchini, cheese and herb loaf with fresh fruit platter	Lemon zinger coconut cake with fresh fruit platter	Mixed berry and chia jam toastie baguette rounds with fresh fruit platter	Crunchy granola & yogurt cups with fresh fruit platter	Chocolate banana overnight oats with fresh fruit platter
	Dairy-free cheese Gluten-free flour	Dairy-free milk Gluten-free flour/oats	Gluten-free bread	Dairy-free yogurt Gluten-free oats	Dairy-free yogurt Gluten-free oats
	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees
Lunch	Assorted selection of multigrain sandwiches/wraps and baguettes Roasted chicken, pumpkin, cheese, carrot, tuna, cucumber, Vegemite and multi-grain bread, wraps and baguettes	Sweet and sour chicken stir-fry with brown rice Chicken breast, pineapple, spices, onions, capsicums, carrot, broccoli, cauliflower, brown rice and fresh garden herbs	Vietnamese pork bowls with fresh garden salad Pork mince, onions, spices, cucumber, tomato, lettuce, Jasmine rice and fresh garden herbs	Smashed beef meatball subs Beef mince, lentils, onions, spinach, carrots, zucchini, spices, tomatoes, herbs, baguette bread	Tasty Tuscan chicken with creamy Orzo pasta Chicken breasts, chickpea, sun-dried tomatoes, spinach, garlic, onion, cream, Orzo pasta and parmesan cheese
	Dairy-free cheese Gluten-free bread	Sweet and sour tofu	Vietnamese chicken or tofu	Lentil and vegetable patties	Tuscan infused tofu
	Selection of fruit/vegetable purees and/or roasted vegetable fingers	Selection of fruit/vegetable purees and/or roasted vegetable fingers	Selection of fruit/vegetable purees and/or roasted vegetable fingers	Steamed vegetables served with rice noodles Selection of fruit/vegetable purees and/or roasted vegetable fingers	Selection of fruit/vegetable purees and/or roasted vegetable fingers
Afternoon tea	Potato herb cakes with fresh fruit platter	Crisp vegetable, cracker and cheese board with fresh fruit platter	Spanish cheese & herb scrolls with fresh fruit platter	Assorted multigrain sandwiches with fresh fruit platter	Cheese and Vegemite multigrain toasties with fresh fruit platter
	Dairy-free milk Gluten-free flour	Dairy-free cheese Gluten-free crackers	Dairy-free milk/cheese Gluten-free flour	Dairy-free cheese Gluten-free bread	Dairy-free cheese gluten-free bread
	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees
Ls	Wholegrain sandwiches, wholemeal/wholegrain crackers, cheese, vegetable sticks and fresh fruit.				

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Bf	Selection of cereal: Weetabix, corn flakes or rice bubbles. Wholemeal/wholegrain toast with spreads. Fresh Fruit.				
Morning tea	Mighty pumpkin, spinach, tahini and cheddar muffins with fresh fruit platter	Tropical delight muffins with fresh fruit platter	Pear, coconut and berry muffins with fresh fruit platter	Crunchy granola & yogurt cups with fresh fruit platter	Mexican bean and cheese baguette slides with fresh fruit platter
	Dairy-free cheese Gluten-free bread	Dairy-free milk Gluten-free flour	Dairy-free cheese Gluten-free crackers	Dairy-free yogurt Gluten-Free oats	Dairy-free cheese Gluten-free bread
	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees
Lunch	Chicken chili con carne with garlic toasts Chicken mince, onions, spices, mixed beans, cauliflower, carrots, tomatoes, bread and fresh garden herbs	Beef enchiladas with corn salsa and rice bowls Beef mince, onions, spices, carrot, zucchini, cheese, wholemeal wraps, tomato, corn and rice	Roasted vegetable rigatoni with cheesy tomato sauce Tomato, onions, lentils, red beans, cauliflower, capsicum, carrots, zucchini, spinach and Rigatoni pasta	Assorted multigrain sandwiches Chicken, pumpkin, cheese, carrot, tuna, vegemite and multi grain bread	Rustic beef and tomato bake with mixed vegetable herb smash Beef mince, onions, spices, carrot, tomatoes, pumpkin, potato, sweet potato, cheese and fresh garden herbs
	Vegetarian chili sin carne with garlic toasts	Vegetarian enchiladas	Dairy-free cheese Gluten-free pasta	Dairy-free cheese Gluten-free bread/ wraps	Tofu and tomato bake Dairy-free cheese
	Selection of fruit/vegetable purees and/or Roasted Vegetable Fingers	Selection of fruit/vegetable purees and/or Roasted Vegetable Fingers	Selection of fruit/vegetable purees and/or Roasted Vegetable Fingers	Selection of fruit/vegetable purees and/or Roasted Vegetable Fingers	Selection of fruit/vegetable purees and/or Roasted Vegetable Fingers
Afternoon tea	Mixed berry mousse with fresh fruit platter	Crisp vegetable, cracker and cheese board with fresh fruit platter	Vegemite & cheddar scrolls with fresh fruit platter	Cheese and corn quesadillas with fresh fruit platter	Lemon coconut protein balls with fresh fruit platter
	Dairy-free cheese Gluten-free wraps/bread	Dairy-free milk Gluten-free flour	Dairy-free cheese Gluten-free pastry	Gluten-free flour/oats	Dairy-free cheese Gluten-free pastry
	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees	Selection of fruit- and vegetable purees
Ls	Wholegrain sandwiches, wholemeal/wholegrain crackers, cheese, vegetable sticks and fresh fruit.				

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Notes for all menus

- Menu is flexible to use alternative protein, vegetable, frozen/canned fruit, and grain options based on seasonal availability, budget, and the centre-specific cultural preferences (e.g., swap couscous for rice, use 50% beef mince and 50% lentils etc.)
- Any grain can be used - brown rice, mixture of white and brown rice, couscous, etc. Wholemeal varieties are preferable
- Sandwiches should preferably use wholegrain or wholemeal bread varieties
- Offer cut fruit and vegetables at morning tea and afternoon tea
- Recipes will include variation tips to consider allergies and dietary preferences
- Some recipes may need to be modified for children of different ages to ensure age-appropriate textures are provided to prevent choking hazards. Please also refer to the infant feeding guidelines.

Table 2: Foods, drinks and textures from birth to 1 year

12 months and beyond	Variety of textures	<ul style="list-style-type: none"> • Breast milk, cow's milk as a drink, water • Casseroles (mildly seasoned), meatballs or rissoles (cut into bite sized pieces) • Eggs – boiled, poached or scrambled • Canned baked beans (salt reduced) • Continue above vegetables and start adding celery, cucumber, tomato, capsicum, mushrooms, cooked cabbage, cooked Brussels sprouts • Continue above fruits and start adding seedless grapes (cut in quarters with skins removed), orange or mandarin segments (membrane and pips removed), kiwifruit, pineapple • Cheese sticks or slices, cream cheese • Soft cracker biscuits, pikelets, pasta (differing shapes, noodles and spaghetti cut up), couscous • Bite-sized sandwiches with moist fillings such as avocado, cream cheese • Smooth nut paste if centre policy allows • Eating from the regular menu
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Table 2: Foods, drinks and textures from birth to 1 year

Age	Texture	Food and drink examples
Birth – around 6 months	Liquids only	<ul style="list-style-type: none"> • Breast milk, infant formula
Around 6 months – 8 months	Mashed, progressing to minced and lumpy	<ul style="list-style-type: none"> • Breast milk, infant formula cooled boiled tap water (as required) • Iron-fortified infant cereals • Cooked, finely chopped or pureed meat/chicken/fish, minced beef/lamb/pork • Mashed tofu/beans/chickpeas • Mashed hard boiled or scrambled egg • Mashed cooked vegetables (e.g. pumpkin, potato, sweet potato, zucchini, carrot, broccoli, cauliflower, peas, spinach). Ensure these are not mashed together • Mashed soft fruit (e.g. banana, avocado) or cooked fruit (e.g. apple, pear, apricot) • Rice, risoni, semolina • Yoghurt, custard, cow's milk in food (not as a drink)
8 months and beyond	Grated, diced, chopped, finger foods	<ul style="list-style-type: none"> • Breast milk, infant formula, cooled boiled tap water • Diced tender cuts of meat, pieces of soft cooked meats (e.g. casseroles), lamb cutlets (with bone to chew meat off) • Diced tofu, cooked lentils • Sliced hard boiled eggs, scrambled eggs • Pieces of soft cooked vegetables (e.g. potato, pumpkin, sweet potato, carrot, zucchini, parsnip, green beans, broccoli). Ensure these are not mashed together • Diced soft fruit (e.g. peach, mango, pear, avocado, melon, pawpaw) • Grated apple, ripe banana pieces, stone fruit (stones removed), sliced watermelon • Yoghurt (full fat), custard, cottage/ricotta/cream cheese, grated cheese • Grain (cereal) foods such as bread, toast, oats, pasta, noodles, rice, couscous • Cow's milk in food

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Table 1: Adapting the menu for infants

Meal	Adaptations for infants				
	0–6 months	6 months <i>Coarsely pureed/mashed</i>	6–8 months <i>Lumpy, finely chopped, progressing to finger foods</i>	8–12 months <i>Chopped, finger foods, progressing to regular menu</i>	1–5 years
Breakfast	Breast milk or infant formula (cooled boiled tap water as required)	Iron-fortified infant cereal Drinks: breast milk, infant formula, cooled boiled tap water (as required)	Iron-fortified infant cereal Drinks: breast milk, infant formula, cooled boiled tap water (as required)	Choice of: toast fingers with cream cheese, cereal with milk (lumpy texture), oats Drinks: breast milk, infant formula, cooled boiled tap water	Choice of: cereals, porridge, muesli, wholemeal toast Drinks: milk/water
Morning tea	Breast milk or infant formula (cooled boiled tap water as required)	Mashed fruit such as banana and kiwi, cooked apple and cooked pear Full fat yoghurt Drinks: breast milk, infant formula, cooled boiled tap water (as required)	Chopped soft fruit such as banana, kiwi, cooked apple and cooked pear Full fat yoghurt Drinks: breast milk, infant formula, cooled boiled tap water	Fresh fruit platter: Thin slices of apple, orange segments (membrane and pips removed), seedless grapes (cut in quarters with skins removed), pieces of banana, thin slices of pear and kiwifruit Cheese sticks or slices Drinks: breast milk, infant formula, cooled boiled tap water	Fresh fruit platter: apples, oranges, grapes, bananas, pears, kiwi Cheese cubes Drinks: milk/water
Lunch	Breast milk or infant formula (cooled boiled tap water as required)	Pureed cooked chicken Mashed cooked pumpkin, carrot, zucchini (not mixed together) Mashed cooked rice Drinks: breast milk, infant formula, cooled boiled tap water (as required)	Finely chopped cooked chicken Roughly mashed cooked pumpkin, carrot, zucchini, spinach (not mixed together) Mashed cooked rice Drinks: breast milk, infant formula, cooled boiled tap water	Prepare regular risotto recipe and include pieces of soft cooked chicken Rice Drinks: breast milk, infant formula, cooled boiled tap water	Baked chicken and vegetable risotto (ingredients: chicken, spinach, pumpkin, rice) Salad (carrot, lettuce, cucumber) Drink: water
Afternoon tea	Breast milk or infant formula (cooled boiled tap water as required)	Hummus dip Mashed steamed carrot Drinks: breast milk, infant formula, cooled boiled tap water (as required)	Hummus dip Steamed, finely chopped carrot Toast fingers Drinks: breast milk, infant formula, cooled boiled tap water	Tzatziki dip (with finely chopped cucumber) Hummus dip Steamed carrot sticks, thin slices of capsicum Pieces of pita toast Drinks: breast milk, infant formula, cooled boiled tap water	Tzatziki and hummus dip, wholemeal pita bread, vegetable sticks (capsicum, steamed carrots) Drinks: milk/water
Late snack	Breast milk or infant formula (cooled boiled tap water as required)	Drinks: breast milk, infant formula, cooled boiled tap water (as required)	Wholemeal toast fingers and cheese Drinks: breast milk, infant formula, cooled boiled tap water	Wholemeal toast fingers and cheese Drinks: breast milk, infant formula, cooled boiled tap water	Wholemeal cheese sandwiches Drink: water

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