



Taigum Child Edu-Care Centre

Week One Spring-Summer Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Fruit Platter (watermelon, apple, orange) and organic crackers	Seasonal Fresh Fruit Platter (watermelon, apple, rockmelon) with Rice Cakes and Spread	Apple Crumble muffins and Bananas	Fruit Platter (watermelon, apple, orange) and Brown Rice cracker	Frozen Mixed Berries with Strawberry Yoghurt, watermelon
Cauliflower Pumpkin Mac n Cheese <i>Main ingredients: Milk, cheese, pumpkin, cauli, garlic, pasta</i>	Moroccan Beef and Curried couscous salad ALT: Lentil veg and COUSCOUS <i>Main ingredients: Beef mince, couscous, carrots, tomato, capsicum, spices</i>	Beef Stroganoff ALT: Lentil veg Pasta <i>Main ingredients: Beef mince, Worcestershire sauce, mushroom, peas ,pasta</i>	Assorted Sandwiches (ham,tomato & cheese, vegemite, chicken avo) <i>Main ingredients: Brown bread, cheese, nuttelex, avo, chicken, ham, vegemite, tomato</i>	Beef Rissoles and Veggie Mash ALT: Veggie Patties <i>Main ingredients: Beef mince, carrots, celery, capsicum, zucchini, potato</i>
Fresh (pears, rockmelon) and dried fruit (banana chips), cheese, crackers	Fruit Platter (apple, honeydew, orange) Whole meal Crisp Bread and Pumpkin Hommus Dip	Seasonal Fruit (apple, rockmelon) and Vegetable Platter with brown rice crackers	Gingerbread Cookies(wholemeal flour, ginger) Banana	Pumpkin Spiced Muffins(wholemeal flour, pumpkin, spices) Apple

Nursery Fruit Puree (Strawberry Banana) **Vegetable Puree** (pumpkin,carrot,red lentils) **Meat Puree** (Chicken,mixed herb, potato)

Water is freely available throughout the day and milk will be offered with morning tea. Late Snacks are a selection of rice cakes/crackers, baked goods and fruits of the day.

Nursery: Please note a selection of vegetable purees and fruit purees will be updated weekly and provided for the younger children.

Please speak with your room educator in relation to foods your child is being offered at home.

Children with allergies, food intolerances or any other dietary requirements will be catered to with an appropriate alternative.



Taigum Child Edu-Care Centre

Week Two Spring-Summer Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Fruits (frozen mixed berries, watermelon) with Vanilla Yoghurt	Fresh (apples, watermelon, orange) and Dried Fruit (banana chips), Cheese with Crackers	Fresh Fruits Platter (rockmelon, apple, banana) Organic Crackers	Fruit Platter (orange, watermelon) and Vegetable Platter with Brown Rice crackers	Fruits (Banana, honeydew, watermelon) Brown Rice Crackers
Tofu Vermicelli Stir Fry <i>Main ingredients: vermicelli noodles, soy sauce, mixed vegetable, cabbage, tofu</i>	Curried Sausages and Rice ALT: Dahl curry and Rice <i>Main ingredients: Beef Sausage, potato, carrots, curry powder, basmati rice</i>	Cheesy BBQ Sloppy Joe with Bread Rolls ALT: BBQ Veg Lentil <i>Main ingredients: Beef mince, cheese, tomato, carrots, celery, beef stock, bread rolls</i>	Bacon Broccoli and Cauli Cheesy Bake ALT: Broccoli and Cauli cheesy bake <i>Main ingredients: Bacon, Cauli, pasta, milk, cheese</i>	Tuna Pastry ALT: Veggie packed pie <i>Main ingredients: canned tuna, white sauce, mixed vegetable, puff pastry</i>
Corn Flakes Crispies (wholemeal flour, sultanas, cornflakes) and pears	Jam Drops (wholemeal flour, jam) and apples	Blueberry Banana Muffins (wholemeal flour, blueberry, banana) and apples	Pumpkin Scones (wholemeal flour, pumpkin) with Cream spread and apples	Vegemite Cheese Sandwich (brown bread, vegemite, cheese) and Apples

Nursery Fruit Puree (Strawberry Banana) **Vegetable Puree** (pumpkin, carrot, red lentils) **Meat Puree** (Chicken, mixed herb, potato)

Water is freely available throughout the day and milk will be offered with morning tea. Late Snacks are a selection of rice cakes/crackers, baked goods and fruits of the day.

Nursery: Please note a selection of vegetable purees and fruit purees will be updated weekly and provided for the younger children.

Please speak with your room educator in relation to foods your child is being offered at home.

Children with allergies, food intolerances or any other dietary requirements will be catered to with an appropriate alternative.



Taigum Child Edu-Care Centre

Week Three Spring-Summer Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh fruits (apples, watermelon, oranges) and Rice Cakes	Apricot Banana Muffin (wholemeal flour, apricot, banana) and watermelon	Fresh Fruit (oranges, apples, honeydew) and Crackers	Fresh Fruits (watermelon, banana,) Cheese sticks and Brown Rice Crackers	Frozen fruits (mango, mixed berries) Watermelon and Vanilla Yoghurt
Vegetable Tofu Fried Rice <i>Main ingredients: tofu, soy sauce, peas, carrots, brown rice</i>	Beef Burrito Rice Bowl ALT: Lentil Salad bowl <i>Main ingredients: Beef mince, spices, beans, corn, carrots, brown rice</i>	Coconut Beef Korma Curry and Rice ALT: Dahl curry and rice <i>Main ingredients: Beef mince, potato, carrots, peas, coconut milk, basmati rice</i>	Creamy Sweet potato Pumpkin Pesto Pasta <i>Main ingredients: Sweet potato, chickpeas, pumpkin, pesto, wholemeal pasta</i>	Chicken Coleslaw with Corn Cob ALT: Veg and beans Coleslaw salad <i>Main ingredients: Chicken breasts, cabbage, capsicum, carrots, corn</i>
Spinach Cheese Melt (spinach, wholemeal wraps) and apple	Fresh Fruits (apples, banana, rockmelon) with Brown rice crackers	Gingerbread Cookies (wholemeal flour, ginger) pears and rockmelon	Fresh Fruit (apples, honeydew, pears) and organic crackers	Muesli Fruit Slice (wholemeal flour, rolled oats, apple, apricot, orange, sultana)

Nursery Fruit Puree (Strawberry Banana) **Vegetable Puree** (pumpkin, carrot, red lentils) **Meat Puree** (Chicken, mixed herb, potato)

Water is freely available throughout the day and milk will be offered with morning tea. Late Snacks are a selection of rice cakes/crackers, baked goods and fruits of the day.

Nursery: Please note a selection of vegetable purees and fruit purees will be updated weekly and provided for the younger children. Please speak with your room educator in relation to foods your child is being offered at home.

Children with allergies, food intolerances or any other dietary requirements will be catered to with an appropriate alternative.



Taigum Child Edu-Care Centre

Week Four Spring-Summer Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Fresh Fruit (watermelon, apples, oranges) with brown rice cracker	Passionfruit Muffin (passionfruit, wholemeal flour) and banana	Fresh Fruits (Rockmelon, Apples, pears) Brown rice Crackers	Fruits (Banana, apples honeydew) rice cakes with cream cheese Cinnamon Spread	Anzac Biscuits (rolled oats, wholemeal flour, desiccated coconut) and Banana
Vegetarian Carbonara Pasta <i>Main ingredients: peas, mushroom, carrots, milk, garlic, wholemeal pasta</i>	Savoury Mince on Toast ALT: Vegan mince with toast <i>Main ingredients: Beef mince, carrots, tomato, peas, corn, brown bread</i>	Pork Sweet and Sour Stir Fried Rice ALT: Chickpea and Veg Salad bowl <i>Main ingredients: Pork mince, tomato, carrots, peas, corn, pineapple, soy sauce, brown rice</i>	Tuna Rice Bowl ALT: Chickpea and veg Fried Rice <i>Main ingredients: canned tuna, mixed vegetable, soy sauce, corn, brown rice</i>	Beef Nacho Chips with Salsa and Sour cream ALT: Mexican bean Nacho Chips <i>Main ingredients: Beef mince, carrots, spices, mixed vegetables, tomato, corn chips, sour cream</i>
Coconut Slice (desiccated coconut, wholemeal flour) and rockmelon	Fresh Fruits (apples, honeydew, watermelon) Vegetable and Cheese Sticks	Strawberry Shortcake cookies (wholemeal flour, strawberries) and Watermelon	Seasonal Fresh Fruits Platter and organic crackers	Frozen fruits (mixed berries, mango) and Vanilla Yoghurt

Nursery Fruit Puree (Strawberry Banana) **Vegetable Puree** (pumpkin, carrot, red lentils) **Meat Puree** (Chicken, mixed herb, potato)

Water is freely available throughout the day and milk will be offered with morning tea. Late Snacks are a selection of rice cakes/crackers, baked goods and fruits of the day.

Nursery: Please note a selection of vegetable purees and fruit purees will be updated weekly and provided for the younger children. Please speak with your room educator in relation to foods your child is being offered at home.

Children with allergies, food intolerances or any other dietary requirements will be catered to with an appropriate alternative.