

WEEK 1

MORNING TEA	CHEESE SQUARES, CRACKERS, & SULTANAS	BANANA ,OAT BRAN & HONEY BREKKY SLICE WITH PEAR SLICES	MAKE YOUR OWN FRUIT SKEWERS	SEASONAL FRUIT PLATTERS WITH WATER CRACKERS	ZUCCHINI & CARROT BROWNIES WITH APPLE SLICES
6-9 MTHS	FRUIT PUREE OF APPLE AND PEAR & MANGO	FRUIT PUREE OR APPLE PEAR AND BANANA	FRUIT PUREE OF APPLE AND PEAR WITH FAREX	FRUIT PUREE OF APPLE AND PEAR AND BANANA	FRUIT PUREE OF APPLE AND PEAR WITH YOGHURT
9-12 MTHS	AS ABOVE WITH BANANA	AS ABOVE WITH BABY YOGHURT	PEAR, WATERMELON & CHEESE STICKS	AS ABOVE	WATERMELON, PEAR & APPLE
LUNCH	SANDWICHES Chicken & salad. Ham, cheese & tomato. Baked beans & cheese. Salmon, cucumber & lettuce. Ham.	MILD RED THAI VEGETABLE CURRY WITH CARROT, BROCCOLI, POTATO, EGGPLANT & BEANS ON FLUFFY BASMATI RICE  V	MAKE YOUR OWN MILDLY SPICED BEEF & BEAN TACOS WITH LETTUCE, TOMATO, CHEESE & CUCUMBER	SPAGHETTI BOLOGNESE Delicious pork mince served on whole meal pasta with puréed greens topped with grated cheese	BEEF, 3 BEAN, CARROT, PURRED SPINACH TORTILLA BAKE WITH CHEESY TOP
6-9 MTHS	PUREED VEGGIES	PUREED VEGGIES	PUREED VEGGIES	PUREED VEGGIES	PUREED VEGGIES
9-12 MTHS	VEG MASH WITH BEEF & AS ABOVE	VEG MASH WITH CHICKEN & AS ABOVE	VEG MASH WITH BEEF & AS ABOVE	VEG MASH WITH PORK & AS ABOVE	VEG MASH WITH FISH & AS ABOVE
AFTN TEA	WATERMELON, BANANA, APPLE TRAYS	APPLES, PEARS, & PINEAPPLE WITH CHEESE CUBES	HUMMINGBIRD SLICE WITH APPLE SLICES	WHOLEMEAL CHEESE FINGER SANDWICHES WITH BANANAS	WATERMELON, ROCKMELON & PINEAPPLE
6-9 MTHS	BABY YOGHURT WITH BANANA FINGERS	TOAST FINGERS WITH AVOCADO SPREAD	FRUIT PUREE WITH PEACHES	HOMEMADE VANILLA CUSTARD WITH PUREE PEAR	BABY YOGHURT WITH MANGO PUREE
9-12 MTHS	AS ABOVE	AS ABOVE	AS ABOVE	AS ABOVE	AS ABOVE
LATE SNACK	SEASONAL FRUIT, CRACKERS, CHEESE & SULTANAS	CHEESE & VEGEMITE FINGER SANDWICHES & APPLE WEDGES	HAM & CHEESE TORTILLA BITES WITH BANANA PIECES & CRACKERS	CHEESE, CRACKERS, DRIED APPLE & MILK ARROWROOT PLATES	ZUCCHINI BROWNIES, WATERMELON, APPLE & CRACKER TRAY

# ALL ALLERGY / DIETARY PREFERENCE/ CULTURAL PREFERENCE CHILDREN ARE CATERED FOR WITH SIMILAR MEAL TO ACCOMMODATE DIETRY REQUIREMENTS

MILK & WATER AVAILABLE ALL DAY

FRUIT CHOICES SUBJECT TO SEASONAL AVAILABILITIES