



# Week 3

Monday

Tuesday

Wednesday

Thursday

Friday

Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
Pita dippers with baked beans & rice cakes	Cinnamon Muesli with Greek yoghurt	Overnight oats with berries & banana	Wholemeal cheese toasties	Assorted Cereals
Lunch	Lunch	Lunch	Lunch	Lunch
Vegetarian lentil Bolognese with Pasta	Assorted Sandwiches	Chicken Quesadillas	Meatloaf with steamed vegetables	Salmon & potato patties with cucumber, cheese & tomato
Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
Raisin oat cookies with fruit & vegetable platter	Crackers with vegetable & fruit platter with Hummus dip	Berry slice with fruit & vegetable platter	Pizza triangles	Turkish bread with fruit & vegetable platter with Tzatziki dip
Late Snack	Late Snack	Late Snack	Late Snack	Late Snack
Fresh Fruit/veggies	Fresh Fruit/veggies	Fresh Fruit/veggies	Fresh Fruit/veggies	Fresh Fruit/veggies

- All children are offered water at each mealtime.
- Children aged 6 months-12 months will be offered age appropriate options. 6 months: smooth puree, 7-9months soft and lumpy, 10-12 months soft & chunky.

