

## WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Crunch platter - selection of seasonal fruit, vegetables, cheese & crackers	Breakfast crumble with homemade custard / natural yoghurt	Homemade baked beans with toast dippers	Crunch platter - selection of seasonal fruit, vegetables, cheese & crackers	Homemade cranberry choc* muesli with fruit & yoghurt
<b>BABIES MORNING TEA</b> (8-12 months*)	Softened broccoli, carrot, banana & cheese	Breakfast crumble with homemade custard	Quinoa porridge with banana	Softened cauliflower, pumpkin, apple & cheese	Brown rice porridge with softened apple
<b>LUNCH</b>	Veggie packed bolognese	Butter chicken with quinoa rice	Thai beef vegetables with noodles	Wholemeal sandwiches with a selection of homemade spreads & vegetables	Soup of the day
VEGETARIAN OPTION	Veggie lentil bolognese	Chickpeas in a tomato sauce with vegetables & quinoa rice	Thai vegetables with noodles	As above	As above
<b>BABIES LUNCH</b> (8-12 months*) *This will depend on each child's individual needs	Mince with apple, peas and zucchini	Chicken, rice, quinoa, carrot and broccoli	Beef with vermicelli noodles, zucchini, broccoli and carrots	Softened pumpkin, peas, tuna & rice	Soup of the day (age appropriate) - protein & vegetables
<b>AFTERNOON TEA</b>	Vegetable pizzas & fruit	Wraps with seasonal fruit platter	Apple zucchini loaf & fruit platter	Apricot bars & veggie platter	Homemade dips with vegetable sticks and crackers
<b>BABIES AFTERNOON TEA</b> (8-12 months*)	Roasted pumpkin, apple & yoghurt	Natural yoghurt with seasonal fruit	Apple zucchini loaf	Raw apricot bars	Softened vegetable sticks & cheese

\*The babies menu is for children aged around 8 - 12 months and will depend upon each child's individual needs.

\*We use organic cacao powder (raw, unsweetened chocolate powder)

