

Menu for Bumble, Busy and Queens

Menu Period: 30th September – 25th October 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 30 th - 4 th	Fresh Fruit with Natural Yoghurt Chicken and Vegetable Bake Wholemeal Sandwiches with Veggie sticks	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Mexican Beef and Vegetable Pie with pasta and Mashed Vegetables Dips and Lebanese Bread with Fresh Fruit	Fresh Fruit, Crackers, Wholemeal Toast or Muffins and Milk Creamy Coconut Chicken Curry with Brown Rice + Vegetables Fresh Fruit, Cheese and Raisin Bread	Fresh Fruit with Natural Yoghurt Meat Loaf with Mashed potato, Pasta and Vegetables Wholemeal Sandwiches with Veggie sticks	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Tuna and Vegetable Pasta Bake Raisin Bread with Veggie sticks and Fresh Fruit
Week 2 7 th - 11 th	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Beef and Vegetable Stroganoff with Brown Rice Wholemeal Apple Cake with Fresh Fruit and Veggie sticks	Fresh Fruit with Natural Yoghurt Roast Chicken with Gravy and Mashed Vegetables Wholemeal Sandwiches with Veggie sticks	Fresh Fruit, Cheese, Crackers, Dips, Wholemeal Toast or Muffins with Milk Vegetable Soup with Wholemeal Bread Mediterranean Zucchini Slice with Cheese, Fresh Fruit	Fresh Fruit, Crackers, Wholemeal Toast or Muffins and Milk Butter Chicken with Brown Rice and Mashed Vegetables Fresh Fruit, Cheese and Raisin Bread	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins Beef Bolognese with Pasta Cheese and Zucchini Bush Bread with Fresh Fruit and Veggie sticks
Week 3 14 th – 18 th	Fresh Fruit with Natural Yoghurt Meat Loaf with Mashed potato, Pasta and Vegetables Wholemeal Sandwiches with Veggie sticks	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Tuna and Vegetable Pasta Bake and Mashed Vegetables Raisin Bread with Veggie sticks and Fresh Fruit	Fresh Fruit with Natural Yoghurt Chicken and Vegetable Bake Wholemeal Sandwiches with Veggie sticks	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Sweet Potato Shepherd's Pie with pasta Dips and Lebanese Bread with Fresh Fruit	Fresh Fruit, Crackers, Wholemeal Toast or Muffins and Milk Creamy Coconut Chicken Curry with Brown Rice and Vegetables Fresh Fruit, Cheese and Raisin Bread
Week 4 21 st – 25 th	Fresh Fruit, Crackers, Wholemeal Toast or Muffins and Milk Butter Chicken with Brown Rice and Mashed Vegetables Fresh Fruit, Cheese and Raisin Bread	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Beef and Vegetable Stroganoff with Brown Rice and Mashed Vegetables Wholemeal Apple Cake with Fresh Fruit and Veggie sticks	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins Beef Bolognese with Pasta Cheese and Zucchini Bush Bread with Fresh Fruit and Veggie sticks	Fresh Fruit, Cheese, Crackers, Hommus Dip, Wholemeal Toast or Muffins with Milk Vegetable Soup with Wholemeal Bread Mediterranean Zucchini Slice with Cheese and Fresh Fruit	Fresh Fruit with Natural Yoghurt Roast Chicken with Gravy and Mashed Vegetables Wholemeal Sandwiches with Veggie sticks

Breakfast (weetbix, rice bubbles, baby cereal, and/or sandwiches and fresh fruit) will be offered to children upon arrival (up until 7.45am).

A late snack consisting of; untouched left over afternoon tea, rice crackers, rice cakes, water crackers, fruit or wholemeal sandwiches will be offered to children at approximately 5pm.

From time to time our menu may change either due to circumstances out of our control, or because of an opportunity which is too good to miss, i.e. an offer of Baby Chinos at the café or a cooking experience relating to one of our projects, when this occurs the menu change will be written on the 'modifications to our menu' sign, displayed in the foyer.

The food and beverages chosen take into account dietary requirements of individual children and we strive to meet the individual needs of all children, therefore foods provided may vary for individual children based on their needs, allergies and intolerances, cultural preferences, foods which vary for an individual child will be written on the day sheet in the room.

Sandwiches consist of preservative free wholemeal bread with ¾ of the fillings being one or more of the following – ham, cheese, grated carrot or homemade hommus or tzatziki. 'Sometimes' spreads (jam, honey, vegemite or cheese spread will be offered no more than once per week – we will aim to not be offered at all).

Fruit offered may consist of one or more of the following depending on the season: rockmelon, watermelon, pear, apple, banana, pineapple, honey dew melon, orange, kiwi fruit, mandarin, grapes, peaches, nectarines. Each day a minimum of 3 types of fruit is offered or a minimum of 5 types per week.

Veggie or Vegetable sticks may consist of celery, cucumber, capsicum and carrot. Mashed vegetables may consist of: potato, sweet potato, pumpkin, carrot, cauliflower, peas and corn, and broccoli. Children too young to have mashed vegetables will be given pureed vegetables, to be selected in conjunction with the infant's family. Water is offered to drink at all meal times and readily accessible at the children's level throughout the day.

Infants under six months who are not exclusively breastfed and all infants six to 12 months are served cooled boiled drinking water and children over 12 months have tap water. Full Cream milk offered to all children (unless allergy prevents- if so we offer rice milk).

Colour Code - Purple = Vegetarian Blue=White Meat Red = Read Meat

Reviewed August 2024

Menu for Babies and Honeys

Menu Period: 30th September – 25th October 2024

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 30 th - 4 th	Fresh Fruit with Natural Yoghurt Chicken and Vegetable Bake and Mashed Vegetables Wholemeal Sandwiches with Veggie sticks	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Mexican Beef and Vegetable Pie with pasta and Mashed Vegetables Dips and Lebanese Bread with Fresh Fruit	Fresh Fruit, Crackers, Wholemeal Toast or Muffins and Milk Creamy Coconut Chicken Curry with Brown Rice & Vegetables Fresh Fruit, Cheese and Raisin Bread	Fresh Fruit with Natural Yoghurt Meat Loaf with Mashed potato, Pasta and Vegetables and Mashed Vegetables Wholemeal Sandwiches with Veggie Sticks	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Tuna and Vegetable Pasta Bake with Mashed Vegetables Raisin Bread with Veggie Sticks and Fresh Fruit
Week 2 7 th - 11 th	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Beef and Vegetable Stroganoff with Brown Rice and Mashed Vegetables Wholemeal Apple Cake with Fresh Fruit and Veggie sticks	Fresh Fruit with Natural Yoghurt Roast Chicken with Gravy and Mashed Vegetables Wholemeal Sandwiches with Veggie sticks	Fresh Fruit, Cheese, Crackers, Dips, Wholemeal Toast or Muffins with Milk Vegetable Soup with Wholemeal Bread Mediterranean Zucchini Slice with Cheese, Fresh Fruit	Fresh Fruit, Crackers, Wholemeal Toast or Muffins and Milk Butter Chicken with Brown Rice and Mashed Vegetables Fresh Fruit, Cheese and Raisin Bread	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins Beef Bolognese with Pasta and Mashed Vegetables Cheese and Zucchini Bush Bread with Fresh Fruit and Veggie sticks
Week 3 14 th – 18 th	Fresh Fruit with Natural Yoghurt Meat Loaf with Mashed potato, Pasta and Vegetables with Mashed Vegetables Wholemeal Sandwiches with Veggie Sticks	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Tuna and Vegetable Pasta Bake and Mashed Vegetables Raisin Bread with Veggie Sticks and Fresh Fruit	Fresh Fruit with Natural Yoghurt Chicken and Vegetable Bake and mashed vegetables Wholemeal Sandwiches with Veggie sticks	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Mexican Beef and Vegetable Pie with pasta and Mashed Vegetables Dips and Lebanese Bread with Fresh Fruit	Fresh Fruit, Crackers, Wholemeal Toast or Muffins and Milk Creamy Coconut Chicken Curry with Brown Rice and Vegetables and Mashed Vegetables Fresh Fruit, Cheese and Raisin Bread
Week 4 21 st – 25 th	Fresh Fruit, Crackers, Wholemeal Toast or Muffins and Milk Butter Chicken with Brown Rice and Mashed Vegetables Fresh Fruit, Cheese and Raisin Bread	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins with Milk Beef and Vegetable Stroganoff with Brown Rice and Mashed Vegetables Wholemeal Apple Cake with Fresh Fruit and Veggie sticks	Fresh Fruit, Cheese, Crackers, Wholemeal Toast or Muffins Beef Bolognese with Pasta and mashed vegetables Cheese and Zucchini Bush Bread with Fresh Fruit and Veggie sticks	Fresh Fruit, Cheese, Crackers, Dips, Wholemeal Toast or Muffins with Milk Vegetable Soup with Wholemeal Bread Mediterranean Zucchini Slice with Cheese and Fresh Fruit	Fresh Fruit with Natural Yoghurt Roast Chicken with Gravy and Mashed Vegetables Wholemeal Sandwiches with Veggie sticks

Breakfast (weetbix, rice bubbles, baby cereal, and/or sandwiches and fresh fruit) will be offered to children upon arrival (up until 7.45am).

A late snack consisting of; untouched left over afternoon tea, rice crackers, rice cakes, water crackers, fruit or wholemeal sandwiches will be offered to children at approximately 5pm.

From time to time our menu may change either due to circumstances out of our control, or because of an opportunity which is too good to miss, i.e. an offer of Baby Chinos at the café or a cooking experience relating to one of our projects, when this occurs the menu change will be written on the 'modifications to our menu' sign, displayed in the foyer.

The food and beverages chosen take into account dietary requirements of individual children and we strive to meet the individual needs of all children, therefore foods provided may vary for individual children based on their needs, allergies and intolerances, cultural preferences, foods which vary for an individual child will be written on the day sheet in the room.

Sandwiches consist of preservative free wholemeal bread with ¾ of the fillings being one or more of the following – ham, cheese, grated carrot or homemade hummus or tzatziki. 'Sometimes' spreads (jam, honey, vegemite or cheese spread will be offered no more than once per week – we will aim to not be offered at all).

Fruit offered may consist of one or more of the following depending on the season: rockmelon, watermelon, pear, apple, banana, pineapple, honey dew melon, orange, kiwi fruit, mandarin, grapes, peaches, nectarines. Each day a minimum of 3 types of fruit is offered or a minimum of 5 types per week.

Veggie or Vegetable sticks may consist of celery, cucumber, capsicum and carrot.

Mashed vegetables may consist of: potato, sweet potato, pumpkin, carrot, cauliflower, peas and corn, and broccoli. Children too young to have mashed vegetables will be given pureed vegetables, to be selected in conjunction with the infant's family. Water is offered to drink at all meal times and readily accessible at the children's level throughout the day.

Infants under six months who are not exclusively breastfed and all infants six to 12 months are served cooled boiled drinking water and children over 12 months have tap water. Full Cream milk offered to all children (unless allergy prevents- if so we offer rice milk).

Colour Code - Purple = Vegetarian Blue=White Meat Red = Read Meat

Reviewed August 2024