



a little MENU



- Children with allergies, intolerances, food preferences, or cultural needs are offered a tailored version of the regular menu to support their individual requirements.
 - Fruit bowls are available in each room throughout the day for children to enjoy.
- Infants eating solids are offered a variety of healthy foods every day including iron rich foods, fruit, vegetables, grains and milk products. Foods are all appropriate texture for infants age.

Our Menus are designed for little tummies.



We design seasonal menus using fresh, in-season produce sourced right here in Gippsland. Each season features a rotating four-week menu, ensuring nutritious meals while keeping parents in the loop about what's being served and when.



Wednesday

Breakfast

Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.

Morning Tea

Seasonal fruit and wholemeal toast w/ Milk

Lunch

Creamy Chicken and Spinach Penne
Served w/ Wholemeal Bread

Afternoon Tea

Banana & Cinnamon Overnight Oats

Snack

Seasonal Fruit and Crackers

Monday

Breakfast

Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.

Morning Tea

Seasonal Fruit and Wholemeal Toast w/ Milk

Lunch

Beetroot Borscht Soup
Served w/ wholemeal bread & Garlic bread

Afternoon Tea

Fruit Salad and Yoghurt

Snack

Seasonal Fruit and Crackers

Tuesday

Breakfast

Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.

Morning Tea

Seasonal Fruit and Wholemeal Toast w/ Milk

Lunch

Lamb Souvlaki with Tzatziki Sauce
Served w/ Falafel & Wholemeal Bread

Afternoon Tea

Assorted Puff Pastry Pinwheels

Snack

Seasonal Fruit and Crackers

Thursday



Breakfast

Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.

Morning Tea

Seasonal Fruit and Wholemeal Toast w/ Milk

Lunch

Beef Fried Rice
Served with Wholemeal Bread

Afternoon Tea

Corn Thins w/ Ricotta Cheese & Fruit

Snack

Seasonal Fruit and Crackers

Friday

Breakfast

Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.

Morning Tea

Seasonal Fruit and Wholemeal Toast w/ Milk

Lunch

Teriyaki Chicken Fried Udon Noodles
Served w/ Wholemeal Bread & Garlic Bread

Afternoon Tea

Raisin Toast
Served w/ Fresh Fruits

Snack

Seasonal Fruit and Crackers





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Breakfast

Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.

Morning Tea

Seasonal Fruit and Wholemeal Toast w/ Milk

Lunch

Beef Bolognese Pasta
Served w/ Wholemeal Bread

Afternoon Tea

Cinnamon & Cream Cheese Scrolls

Snack

Seasonal Fruit and Crackers

Monday

Breakfast

Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.

Morning Tea

Seasonal Fruit and Wholemeal Toast w/ Milk

Lunch

Carrot & Sweet Potato Soup
Served w/ Wholemeal Bread & Garlic Bread

Afternoon Tea

Berry Smoothie w/ Jam Toast

Snack

Seasonal Fruit and Crackers

Tuesday

Breakfast

Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.

Morning Tea

Seasonal Fruit and Wholemeal Toast w/ Milk

Lunch

Peri -Peri Chicken & Cheese Wrap
Served w/ Falafel and Wholemeal Bread

Afternoon Tea

Assorted Sandwiches

Snack

Seasonal Fruit and Crackers



Thursday

Breakfast

Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.

Morning Tea

Seasonal Fruit and Wholemeal Toast w/ Milk

Lunch

Italian Sausage & Pea Risotto
Served w/ Wholemeal Bread

Afternoon Tea

Pick Your Own Platter w/ Milk

Snack

Seasonal Fruit and Crackers

Friday

Breakfast

Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.

Morning Tea

Seasonal Fruit and Wholemeal Toast w/ Milk

Lunch

Chicken and Coconut Laksa Noodles
Served w/ Wholemeal Bread & Garlic Bread

Afternoon Tea

Baked Beans and Toast

Snack

Seasonal Fruit and Crackers



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Monday	Tuesday
Breakfast Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.	Breakfast Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.
Morning Tea Seasonal Fruit and Wholemeal Toast w/ Milk	Morning Tea Seasonal Fruit and Wholemeal Toast w/ Milk
Lunch Potato & Leek Soup Served w/ Wholemeal Bread & Garlic Bread	Lunch Baked Fish Taco & Falafel Served w/ Wholemeal Bread
Afternoon Tea Fruit Salad and Yoghurt	Afternoon Tea Assorted Puff Pastry Pinwheels
Snack Seasonal Fruit and Crackers	Snack Seasonal Fruit and Crackers



Wednesday

Thursday

Friday

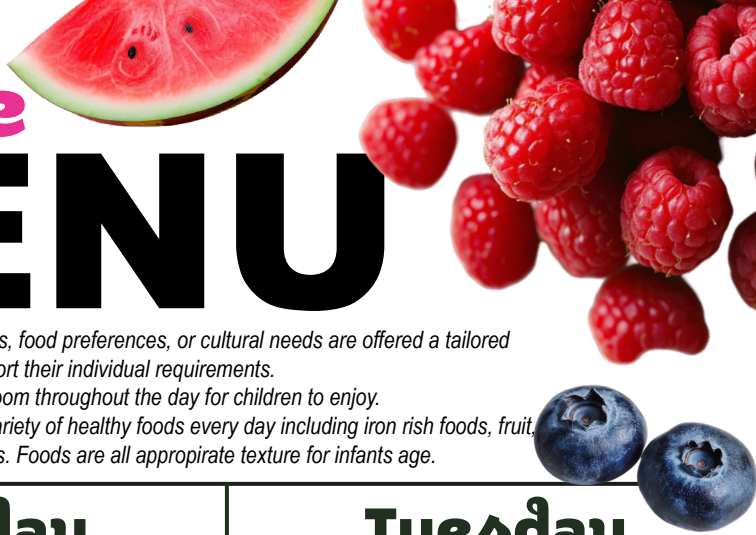
Breakfast Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.
Morning Tea Seasonal Fruit and Wholemeal Toast w/ Milk
Lunch Chicken Caesar Pasta Salad Served w/ Wholemeal Bread
Afternoon Tea Banana & Cinnamon Overnight Oats
Snack Seasonal Fruit and Crackers

Breakfast Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.
Morning Tea Seasonal Fruit and Wholemeal Toast w/ Milk
Lunch Cottage Pie Served w/ Wholemeal Bread
Afternoon Tea Corn Thins w/ Ricotta Cheese & Fruit
Snack Seasonal Fruit and Crackers

Breakfast Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.
Morning Tea Seasonal Fruit and Wholemeal Toast w/ Milk
Lunch Chicken Chow Mein Served w/ Wholemeal Bread & Garlic Bread
Afternoon Tea Raisin Toast Served w/ Fresh Fruits
Snack Seasonal Fruit and Crackers



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Morning Tea Seasonal Fruit and Wholemeal Toast w/ Milk		Morning Tea Seasonal Fruit and Wholemeal Toast w/ Milk	
Lunch Pumpkin Lentil Soup Served w/ Wholemeal Bread & Garlic Bread		Lunch Mexican Beef & Cheese Wraps Served w/ Wholemeal Bread	
Afternoon Tea Berry Smoothie w/ Jam Toast		Afternoon Tea Assorted Sandwiches	
Snack Seasonal Fruit and Crackers		Snack Seasonal Fruit and Crackers	
Wednesday		Thursday	
Breakfast Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.		Breakfast Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.	
Morning Tea Seasonal Fruit and Wholemeal Toast w/ Milk		Morning Tea Seasonal Fruit and Wholemeal Toast w/ Milk	
Lunch Chicken & Bacon Spaghetti Carbonara Served w/ Wholemeal Bread		Lunch Cheesy Sausage and Mash Bake Served w/ Wholemeal Bread	
Afternoon Tea Cinnamon & Cream Cheese Scrolls		Afternoon Tea Pick Your Own Platter w/ Milk	
Snack Seasonal Fruit and Crackers		Snack Seasonal Fruit and Crackers	
Friday			
Breakfast Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.		Breakfast Cornflakes, weetbix, rice bubbles, assorted wholemeal toast w/ vegemite or jam.	
Morning Tea Seasonal Fruit and Wholemeal Toast w/ Milk		Morning Tea Seasonal Fruit and Wholemeal Toast w/ Milk	
Lunch Sweet and Sour Beef Fried Noodles Served w/ Wholemeal Bread and Garlic Bread		Lunch Sweet and Sour Beef Fried Noodles Served w/ Wholemeal Bread and Garlic Bread	
Afternoon Tea Baked Beans and Toast		Afternoon Tea Baked Beans and Toast	
Snack Seasonal Fruit and Crackers		Snack Seasonal Fruit and Crackers	

