

	Vegetarian	Dairy Free	Gluten Free	Allergy Free
MONDAY	Morning Tea Premium Yoghurt Seasonal whole fruits	Soy yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruit	Gf toast with fruit puree Seasonal whole fruits
	Lunch Roast root vegetable Lasagna	Roast root vegetable Lasagna	Roast root vegetable gf pasta	Tomato and vegetable gf pasta
	Afternoon Tea Roasted eggplant dip, hummus dip with rice and water crackers Seasonal whole fruits	Hummus dip with rice and water crackers Seasonal whole fruits	Roasted eggplant dip, hummus dip with rice crackers Seasonal whole fruits	Hummus dip with rice crackers Seasonal whole fruits
TUESDAY	Morning Tea Apple and sultana pillows Freshly cut watermelon cubes	Apple and sultana pillows Freshly cut watermelon cubes	Apple and sultana gf pillows Freshly cut watermelon cubes	Gf bread with fruit puree Freshly cut watermelon cubes
	Lunch Tofu, mushroom stroganoff with steamed rice	Beef, mushroom stroganoff with steamed rice	Beef Stroganoff with steamed rice	Beef and steamed vegetables with mash
	Afternoon Tea Tomato slices and cheese with whole meal pita Fresh Oranges	Tomato slices with whole meal pita Fresh Oranges	Tomato slices and cheese with gf bread Fresh Oranges	Tomato slices and cheese with rice crackers Fresh Oranges
WEDNESDAY	Morning Tea Pear and Quinoa muffins Seasonal whole fruits	Pear and cinnamon muffins Seasonal whole fruits	Gf Pear and quinoa muffins Seasonal whole fruits	Gf bread with fruit puree Seasonal whole fruits
	Lunch Mushroom and kale pasta bake	Tuna, mushroom and kale pasta bake	Tuna, mushroom and kale gf pasta bake	Tuna and vegetable with pasta
	Afternoon Tea Butterbean and spinach dip, avocado dip with raw vegetable cuts - broccoli, cucumber, carrot, celery Seasonal whole fruits	Butterbean and spinach dip with raw vegetable cuts - broccoli, cucumber, carrot, celery Seasonal whole fruits	Butterbean and spinach dip, avocado dip with raw vegetable cuts - broccoli, cucumber, carrot, celery Seasonal whole fruits	Raw vegetable cuts - broccoli, cucumber, carrot, celery Seasonal whole fruits
THURSDAY	Morning Tea Premium Yoghurt Fresh Oranges	Soy yoghurt Fresh Oranges	Premium Yoghurt Fresh Oranges	Soy Yoghurt Fresh Oranges
	Lunch Vegetable cacciatore with steamed potato	Chicken cacciatore with steamed potato	Chicken cacciatore with steam potato	Chicken and vegetables with steamed potato
	Afternoon Tea Banana scones Freshly cut watermelon cubes	Banana scones Freshly cut watermelon cubes	Gf Banana scones Freshly cut watermelon cubes	Gf bread with fruit puree Freshly cut watermelon cubes
FRIDAY	Morning Tea Muesli slice Seasonal whole fruits	Muesli slice Seasonal whole fruits	Gf bread with fruit puree Seasonal whole fruits	Gf bread with fruit puree Seasonal whole fruits
	Lunch Minestrone soup with baguette	Minestrone soup with baguette	Minestrone soup with gf bread	Minestrone soup with baguette
	Afternoon Tea Ginger short breads Seasonal whole fruits	Ginger short breads Seasonal whole fruits	Gf ginger short breads Seasonal whole fruits	Plain short bread Seasonal whole fruits

To be served with water / fresh full cream milk / soy milk

Our aim is to always provide the freshest and best quality produce every day.

We provide the children with the recommended daily intake in accordance with Nutrition Australia.

Hearty Health operates from a NUT free and EGG free kitchen.

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MONDAY	Morning Tea Premium Yoghurt Seasonal whole fruits	Soy yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Gf Bread with fruit puree Seasonal whole fruits
	Lunch Vegetable cottage pie	Beef Cottage pie	Beef Cottage pie	Beef, potato, corn, carrot, pea
	Afternoon Tea Chickpea and pumpkin dip, Baby beetroot dip with rice and water crackers Seasonal whole fruits	Chickpea and pumpkin dip with rice and water crackers Seasonal whole fruits	Chickpea and pumpkin dip, Baby beetroot dip with rice crackers Seasonal whole fruits	Sliced cheese with rice crackers Seasonal whole fruits
TUESDAY	Morning Tea Orange and poppy seed slice Freshly cut watermelon cubes	Orange and poppy seed slice Freshly cut watermelon cubes	Gf Orange and poppy seed slice Freshly cut watermelon cubes	Gf Toast with fruit puree Freshly cut watermelon cubes
	Lunch Tofu with rice noodle salad	Soy glazed fish with rice noodle salad	Soy glazed fish with rice noodle salad	Grilled fish with steamed vegetables
	Afternoon Tea Sliced Tomato and cheese with wholemeal pita Fresh Oranges	Sliced Tomato with wholemeal pita Fresh Oranges	Sliced Tomato and cheese with gf bread Fresh Oranges	Gf vegemite sandwich Fresh Oranges
WEDNESDAY	Morning Tea Premium Yoghurt Seasonal whole fruits	Soy yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Gf Bread with Apricot puree Seasonal whole fruits
	Lunch Mixed vegetable and spinach parcel rolls	Chicken and spinach parcel	Gf chicken and spinach parcel	chicken with rice, carrots, peas, corn
	Afternoon Tea Vegemite cheese sandwich Seasonal whole fruits	Vegemite sandwich Seasonal whole fruits	Gf Vegemite cheese sandwich Seasonal whole fruits	Sliced Tomato and cheese with gf bread Seasonal whole fruits
THURSDAY	Morning Tea Mango Danish Fresh Oranges	Mango Danish Fresh Oranges	Mango Danish Fresh Oranges	Gf bread with fruit puree Fresh Oranges
	Lunch Braised Vegetable, tofu and lentil curry with turmeric rice	Braised lamb and lentil curry with turmeric rice	Braised lamb and lentil curry with turmeric rice	Lamb with rice, carrots, peas
	Afternoon Tea Sultana scones Freshly cut watermelon cubes	Sultana scones Freshly cut watermelon cubes	Gf sultana scone Freshly cut watermelon cubes	Gf bread with sliced tomato Freshly cut watermelon cubes
FRIDAY	Morning Tea Blue berry muffins Seasonal whole fruits	Blueberry muffins Seasonal whole fruits	Gf blueberry muffins Seasonal whole fruits	Gf Toast with peach puree Seasonal whole fruits
	Lunch Autumn vegetable ratatouille pasta	Autumn vegetable ratatouille pasta	Autumn vegetable ratatouille gf pasta	Vegetable gf pasta with
	Afternoon Tea Raw carrot, celery sticks with tomato chutney Seasonal whole fruits	Raw carrot, celery sticks with tomato chutney Seasonal whole fruits	Raw carrot, celery sticks with tomato chutney Seasonal whole fruits	Raw carrot, celery sticks with tomato chutney Seasonal whole fruits

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MONDAY	Morning Tea Premium Yoghurt Seasonal whole fruits	Soy yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Gf Bread with fruit puree Seasonal whole fruits
	Lunch Slow cooked tofu ragout with pasta	Slow cooked beef ragout with pasta	Slow cooked beef ragout with gf pasta	Gf pasta, beef, steamed vegetables, Napolitano sauce
	Afternoon Tea French onion dip, Moroccan carrot dip with rice and water crackers Seasonal whole fruits	Moroccan carrot dip with rice and water crackers Seasonal whole fruits	French onion dip, Moroccan carrot dip with rice crackers Seasonal whole fruits	cheese with rice crackers Seasonal whole fruits
TUESDAY	Morning Tea Hearty savory Muffins Freshly cut watermelon cubes	Hearty savory Muffins Freshly cut watermelon cubes	Gf savory muffin Freshly cut watermelon cubes	Gf Toast with fruit puree Freshly cut watermelon cubes
	Lunch Vegetable and Fetta pastry rolls	Vegetable pastry rolls	Vegetable and Fetta pastry rolls	Vegetable pastry
	Afternoon Tea Sliced tomato, cheese with whole meal pita Fresh Oranges	Sliced tomato with whole meal pita Fresh Oranges	Sliced tomato and cheese with rice crackers Fresh Oranges	Sliced tomato with rice crackers Fresh Oranges
WEDNESDAY	Morning Tea Peach Slice Seasonal whole fruits	Peach slice Seasonal whole fruits	Gf peach slice Seasonal whole fruits	Gf bread with fruit puree Seasonal whole fruits
	Lunch Hoisin glazed tofu and vegetables with rice	Hoisin glazed chicken with vegetables and rice	Hoisin glazed chicken with vegetables and rice	Steamed chicken and vegetables with rice
	Afternoon Tea Roasted reds and ricotta pillows Seasonal whole fruits	Roasted red pillows Seasonal whole fruits	Gf roasted reds and ricotta pillows Seasonal whole fruits	Gf toast with slice tomato Seasonal whole fruits
THURSDAY	Morning Tea Apple and cinnamon scone Fresh Oranges	Apple and cinnamon scone Fresh Oranges	GF apple and cinnamon scone Fresh Oranges	Gf Toast with fruit puree Fresh Oranges
	Lunch Pasta Mexicana	Pasta Mexicana	Gf Pasta Mexicana	Napolitano sauce with gf pasta
	Afternoon Tea Tzatziki dip, roasted pumpkin and chickpea dip with raw vegetable cuts - broccoli, cucumber, carrot, celery Freshly cut watermelon cubes	Roasted pumpkin and chickpea dip with raw vegetable cuts - broccoli, cucumber, carrot, celery Freshly cut watermelon cubes	Tzatziki dip, roasted pumpkin and chickpea dip with raw vegetable cuts - broccoli, cucumber, carrot, celery Freshly cut watermelon cubes	Broccoli, cucumber, carrot, celery cuts Freshly cut watermelon cubes
FRIDAY	Morning Tea Premium Yoghurt Seasonal whole fruits	Soy yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Gf Bread with fruit puree Seasonal whole fruits
	Lunch Vegetable stir fry with noodles	Stir fried beef and vegetables with rice noodles	Stir fried beef and vegetables with rice noodles	Beef, corn, carrot, pea, potato
	Afternoon Tea Chai seed muffin Seasonal whole fruits	Chai seed muffin Seasonal whole fruits	GF Chai seed muffin Seasonal whole fruits	Plain muffin Seasonal whole fruits

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	Lunch Vegetable, tofu, barley casserole with baguette	Lamb and barley casserole with baguette	Lamb and barley casserole with gf bread	Lamb, carrot, pea, corn and gf bread
	Afternoon Tea Butter bean and basil dip, baba ganoush dip with rice and water crackers Seasonal whole fruits	Butter bean and basil dip with rice and water crackers Seasonal whole fruits	Butter bean and basil dip, baba ganoush dip with rice crackers Seasonal whole fruits	Puree pumpkin dip with rice crackers Seasonal whole fruits
TUESDAY	Morning Tea Apricot Danish Freshly cut watermelon cubes	Apricot Danish Freshly cut watermelon cubes	Gf Apricot Danish Freshly cut watermelon cubes	Gf Toast with fruit puree Freshly cut watermelon cubes
	Lunch Thai tofu curry with scented rice	Thai chicken curry with scented rice	Thai chicken with scented rice	Chicken with vegetable and scented rice
	Afternoon Tea Date scones Fresh Oranges	Date scones Fresh Oranges	Gf date scones Fresh Oranges	Gf bread with fruit puree Fresh Oranges
WEDNESDAY	Morning Tea Premium Yoghurt Seasonal whole fruits	Soy yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Gf Toast fruit puree Seasonal whole fruits
	Lunch Vegetable sausage rolls	Sausage rolls	Gf Sausage rolls	Gf Sausage rolls
	Afternoon Tea Wholemeal vegemite and cheese sandwiches Seasonal whole fruits	Wholemeal vegemite sandwiches Seasonal whole fruits	Gf Wholemeal vegemite and cheese sandwiches Seasonal whole fruits	Gf wholemeal vegemite and cheese sandwiches Seasonal whole fruits
THURSDAY	Morning Tea Coconut slice Fresh Oranges	Coconut slice Fresh Oranges	Coconut slice Fresh Oranges	Gf Toast with fruit puree Fresh Oranges
	Lunch Vegetable pasta primavera	Vegetable pasta primavera	Gf Vegetable pasta primavera	Gf Vegetable pasta primavera
	Afternoon Tea Sliced Tomato and cheese with whole meal pita Freshly cut watermelon cubes	Sliced Tomato with whole meal pita Freshly cut watermelon cubes	Sliced Tomato and cheese with rice crackers Freshly cut watermelon cubes	Sliced Tomato with rice crackers Freshly cut watermelon cubes
FRIDAY	Morning Tea Banana and nutmeg muffin Seasonal whole fruits	Banana and nutmeg muffin Seasonal whole fruits	Gf banana and nutmeg muffin Seasonal whole fruits	Gf Toast with fruit puree Seasonal whole fruits
	Lunch Mushroom, pumpkin, fetta and baby spinach pizza	Mushroom, pumpkin, fetta and baby spinach pizza	Gf Mushroom, pumpkin, fetta and baby spinach pizza	Gf Cheese pizza
	Afternoon Tea Raw carrot and celery sticks with French onion dip Seasonal whole fruits	Raw carrot and celery sticks with Pumpkin Dip Seasonal whole fruits	Raw carrot and celery sticks with French onion dip Seasonal whole fruits	Raw carrot and celery sticks with French onion dip Seasonal whole fruits

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