

WEEK 1 AUTUMN MENU 2017

Portions per child / Suggested Serving

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt 100gm <i>Served cold</i>	Apple and sultana pillow 1 <i>Served warm or at room temperature</i>	Pear and quinoa muffin 1 <i>Served warm or at room temperature</i>	Premium Yoghurt 100gm <i>Served cold</i>	Muesli slice 1 slice <i>Served at room temperature</i>
	Seasonal whole fruits $\frac{1}{2}$ fruit	Watermelon cubes 100gm	Seasonal whole fruits $\frac{1}{2}$ fruit	Fresh orange 6 wedges per orange 2 wedges per child	Seasonal whole fruits $\frac{1}{2}$ fruit
Lunch	Roast Root vegetable Lasagna 200gm <i>Heat meal to above 60°C</i>	Beef and mushroom stroganoff with steam rice 80gm sauce, 120gm rice <i>Heat meal to above 60°C</i>	Tuna mushroom and kale pasta bake 200gm <i>Heat meal to above 60°C</i>	Chicken cacciatore with steam potato 80gm sauce, 120gm rice <i>Heat meal to above 60°C</i>	Minestrone soup with baguette 200gm soup <i>Heat meal to above 60°C</i>
Afternoon Tea	Roasted eggplant dip and Hummus dip with water and rice crackers 15gm each dip / water 3 / rice 3 <i>Served cold</i>	Tomato slices and cheese cubes with whole meal pita 3 / 3 / 4 pita <i>Served cold</i>	Butterbean and spinach dip, avocado dip with raw vegetable cuts - broccoli, cucumber, carrot, celery 15gm each dip / 35gm veg <i>Served cold</i>	Banana scone 1 <i>Served at room temperature</i>	Ginger short breads 1 <i>Heat meal to above 60°C Or cold</i>
	Seasonal whole fruits $\frac{1}{2}$ fruit	Fresh orange 6 wedges per orange 2 wedges per child	Seasonal whole fruits $\frac{1}{2}$ fruit	Watermelon cubes 100gm	Seasonal whole fruits $\frac{1}{2}$ fruit

To be served with water / fresh full cream milk / soy milk
Our aim is to always provide the freshest and best quality produce everyday
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.

WEEK 2 AUTUMN MENU 2017

Portions per child / Suggested Serving

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt 100gm <i>Served cold</i> Seasonal whole fruits ½ fruit	Orange and poppy seed slice 1 <i>Served at room temperature</i> Watermelon cubes 100gm	Premium Yoghurt 100gm <i>Served cold</i> Seasonal whole fruits ½ fruit	Mango Danish 1 <i>Served hot or at room temperature</i> Fresh oranges 6 wedges per orange 2 wedges per child	Blue berry Muffins 1 <i>Served warm or at room temperature</i> Seasonal whole fruits ½ fruit
Lunch	Beef Cottage pie 200gm <i>Heat meal to above 60°C</i>	Soy glazed Basa with rice noodle salad 80gm fish, 120gm noodle <i>Heat meal to above 60°C</i> <i>Noodle salad can be served cold</i>	Roast pumpkin, Chicken and spinach parcel 1 <i>Heat meal to above 60°C</i>	Braised Lamb and lentil with turmeric rice 80gm sauce, 120gm rice <i>Heat meal to above 60°C</i>	Autumn vegetable ratatouille pasta 120gm pasta, 80gm sauce <i>Heat meal to above 60°C</i>
Afternoon Tea	Chickpea and pumpkin dip, baby beetroot dip with water and rice crackers 15gm each dip / water 3 / rice 3 <i>Served cold</i> Seasonal whole fruits ½ fruit	Tomato slices and cheese cubes with whole meal pita 3 / 3 / 4 pita <i>Served cold</i> Fresh oranges 6 wedges per orange 2 wedges per child	Whole meal Vegemite and cheese sandwiches ½ <i>Served at room temperature</i> Seasonal whole fruits ½ fruit	Sultana scones 1 <i>Served at room temperature</i> Watermelon cubes 100gm	Raw carrot and celery sticks with tomato chutney 30gm dip, 35gm veg <i>Served at cold</i> Seasonal whole fruits ½ fruit

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WEEK 3 AUTUMN MENU 2017

Portions per child / Suggested Serving

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt 100gm <i>Served cold</i> Seasonal whole fruits ½ fruit	Hearty savory Muffins 1 <i>Served warm or at room temperature</i> Watermelon cubes 100gm	Peach slice 1 <i>Served cold</i> Seasonal whole fruit ½ fruit	Apple and cinnamon scone 1 <i>Served at room temperature</i> Fresh orange 6 wedges per orange 2 wedges per child	Premium Yoghurt 100gm <i>Served cold</i> Seasonal whole fruits ½ fruit
Lunch	Slow cooked beef ragout with pasta 80gm sauce, 120g pasta <i>Heat meal to above 60°C</i>	Vegetable and fetta sausage rolls 3 each <i>Heat meal to above 60°C</i>	Hoisin glazed chicken and vegetables with rice 80gm sauce, 120gm rice <i>Heat meal to above 60°C</i>	Mexican bean pasta 120gm pasta, 80gm sauce <i>Heat meal to above 60°C</i>	Stir Fry Beef and Vegetables with Noodles 120gm rice, 80gm sauce <i>Heat meal to above 60°C</i>
Afternoon Tea	French onion dip, Moroccan dip with water and rice crackers 15gm each dip / water 3 / rice 3 <i>Served cold</i> Seasonal whole fruits ½ fruit	Tomato slices and cheese cubes with whole meal pita 3 / 3 / 4 pita <i>Served cold</i> Fresh orange 6 wedges per orange 2 wedges per child	Sun dried tomato, spinach and ricotta pillows 1 <i>Served at room temperature</i> Seasonal whole fruits ½ fruit	Tzatziki dip, roasted pumpkin and chickpea dip with raw vegetable cuts - broccoli, cucumber, carrot, celery <i>Served cold</i> 15gm each dip, 35gm veg Watermelon cubes 100gm	Chai seed muffin 1 <i>Serve at room temperature</i> Seasonal whole fruits ½ fruit

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt 100gm <i>Served cold</i> Seasonal whole fruits ½ fruit	Apricot Danish 1 <i>Served hot or room temperature</i> Watermelon cubes 100gm	Premium Yoghurt 100gm <i>Served cold</i> Seasonal whole fruits ½ fruit	Coconut slice 1 <i>Served at room temperature</i> Fresh orange 6 wedges per orange 2 wedges per child	Banana and nutmeg scones 1 <i>Serve at room temperature</i> Seasonal whole fruits ½ fruit
Lunch	Lamb and barley casserole 200gm <i>Heat meal to above 60°C</i>	Thai chicken curry with scented rice 80gm sauce, 120gm rice <i>Heat meal to above 60°C</i>	Sausage Rolls 1 <i>Heat meal to above 60°C</i>	Vegetable pasta primavera 80gr sauce, 120gr pasta <i>Heat meal to above 60°C</i>	Mushroom, pumpkin, fetta and baby spinach pizza 3 pieces <i>Heat meal to above 60°C</i>
Afternoon Tea	White bean and basil dip, baba ganoush dip with water and rice crackers 15gm each dip / water 3 / rice 3 <i>Served cold</i> Seasonal whole fruits ½ fruit	Date scones 1 <i>Served at room temperature</i> Fresh orange 6 wedges per orange 2 wedges per child	Whole meal Vegemite and cheese sandwiches ½ <i>Served warm or at room temperature</i> Seasonal whole fruits ½ fruit	Tomato slices and cheese cubes with whole meal pita 3 / 3 / 4 pita <i>Served cold</i> Watermelon cubes 100gm	Raw carrot and celery sticks with French onion dip 30gm dip, 35gm veg <i>Served at cold</i> Seasonal whole fruits ½ fruit

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