

WEEK 1 SUMMER MENU 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt Seasonal whole fruits	Hearty Health Smoothie boost Freshly cut watermelon cubes	Apple and Cinnamon Muffins Seasonal whole fruits	Premium Yoghurt Fresh Oranges	Muesli Slice Seasonal whole fruits
Lunch	Spinach and vegetable Lasgana	Beef ragout with pumpkin and potato mash	Tuna Mornay pasta bake	Sweet and Sour Chicken with steamed rice	Vegetable noodle soup
Afternoon Tea	Roasted eggplant dip, hommus dip with rice and water crackers Seasonal whole fruits	Sliced Tomato and cheese with wholemeal pita Fresh Oranges	Butterbean and spinach dip, avocado dip with raw vegetable cuts - broccoli, cucumber, carrot, celery Seasonal whole fruits	Date Scones Freshly cut watermelon cubes	Pineapple Sago pudding Seasonal whole fruits

To be served with water / fresh 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 SUMMER MENU 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt Seasonal whole fruits	Pineapple Muesli Slice Freshly cut watermelon	Premium Yoghurt Seasonal whole fruits	Bircher Muesli Fresh Oranges	Cheese and chive Muffins Seasonal whole fruits
Lunch	Cottage Pie	Grilled fish with rice noodle salad	Chicken and spinach pastie	Pulled Lamb and vegetable stew with turmeric rice	Summer vegetable pasta with napolitana sauce
Afternoon Tea	Chickpea and roasted pumpkin dip, baby beetroot dip with rice and water crackers Seasonal whole fruits	Sliced Tomato and cheese with whole pita Fresh oranges	Wholemeal vegemite and cheese sandwiches Seasonal whole fruits	Sultana Scones Freshly cut watermelon cubes	Raw carrot and celery sticks with tomato chutney Seasonal whole fruits

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WEEK 3 SUMMER MENU 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt Seasonal whole fruits	Mighty savoury muffin Freshly cut watermelon cubes	Hearty Health Smoothie boost Seasonal whole fruits	Apple and cinnamon Scone Fresh Oranges	Premium Yogurt Seasonal whole fruits
Lunch	Beef Lasagna filled with vegetables	Roasted vegetable and fetta pastry rolls	Apricot chicken with rice	Pasta Mexicano	Beef Massaman Curry with Rice
Afternoon Tea	French Onion dip, Moroccan carrot dip with rice and water crackers Seasonal whole fruits	Sliced Tomato and cheese with wholemeal pita Fresh Oranges	Sundried tomato, spinach and ricotta pillows Seasonal whole fruits	Tzatziki dip, Roasted pumpkin dip with raw vegetable cuts - broccoli, cucumber, carrot, celery Freshly cut watermelon cubes	Mango Sago pudding Seasonal whole fruits

To be served with water / fresh milk / soy milk

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WEEK 4 SUMMER MENU 2017

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt	Bircher Muesli	Premium Yoghurt	Hearty Health Hash browns	Banana and Nutmeg Scones
	Seasonal whole fruits	Freshly cut watermelon cubes	Seasonal whole fruits	Fresh Oranges	Seasonal whole fruits
Lunch	Lamb rissoles with lemon roasted potatoes	Soy honey glazed chicken with vegetable fried rice	Beef chipolata sausages with mash	Macaroni bolognaise	Vegetarian pizza with fetta
Afternoon Tea	White bean and basil dip, Baba ghanoush with rice and water crackers	Cheese and vegemite sandwiches	Carrot and zucchini Scones	Tomato and cheese with pita	Raw carrot and celery sticks with corn relish
	Seasonal whole fruits	Fresh Oranges	Seasonal whole fruits	Freshly cut watermelon cubes	Seasonal whole fruits

To be served with water / fresh milk / soy milk

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