

	<b>Vegetarian</b>	<b>Dairy Free</b>	<b>Gluten Free</b>	<b>Allergy Free</b>
<b>MONDAY</b>	<b>Morning Tea</b> Premium Yoghurt Seasonal whole fruits	<b>Morning Tea</b> Soy yoghurt Seasonal whole fruits	<b>Morning Tea</b> Premium Yoghurt Seasonal whole fruits	<b>Morning Tea</b> Gf Toast Seasonal whole fruits
	<b>Lunch</b> Vegetable pasta with Napoli Sauce	<b>Lunch</b> Tuna and Vegetable Pasta	<b>Lunch</b> Tuna and Vegetable with Gluten free Pasta	<b>Lunch</b> Vegetable Pasta with Tomato Sauce
	<b>Afternoon Tea</b> Roast Eggplant Dip, Hummus Dip and Crackers Seasonal whole fruits	<b>Afternoon Tea</b> Hummus Dip and Crackers Seasonal whole fruits	<b>Afternoon Tea</b> Roast Eggplant Dip, Hummus Dip and Crackers Seasonal whole fruits	<b>Afternoon Tea</b> Hummus Dip with Crackers Seasonal whole fruits
<b>TUESDAY</b>	<b>Morning Tea</b> Raisin bread Freshly cut watermelon	<b>Morning Tea</b> Raisin bread Freshly cut watermelon	<b>Morning Tea</b> Gf Bread Freshly cut watermelon	<b>Morning Tea</b> Gf Bread Freshly cut watermelon
	<b>Lunch</b> Tofu and White Bean Cassoulet	<b>Lunch</b> Beef and White Bean Cassoulet	<b>Lunch</b> Beef and White Bean Cassoulet	<b>Lunch</b> Beef with steamed Vegetables and Mash Potato
	<b>Afternoon Tea</b> Date Scones Seasonal Whole Fruit	<b>Afternoon Tea</b> Date Scones Seasonal Whole Fruit	<b>Afternoon Tea</b> Gf Bread Seasonal Whole Fruit	<b>Afternoon Tea</b> Gf Bread Seasonal Whole Fruit
<b>WEDNESDAY</b>	<b>Morning Tea</b> Banana Muffins Seasonal whole fruits	<b>Morning Tea</b> Banana Muffins Seasonal whole fruits	<b>Morning Tea</b> Gf Bread Seasonal whole fruits	<b>Morning Tea</b> Gf Toast Seasonal whole fruits
	<b>Lunch</b> Vegetable Curry with Lentils	<b>Lunch</b> Vegetable Curry with Lentils	<b>Lunch</b> Vegetable Curry with Lentils	<b>Lunch</b> Vegetable, Lentils and Potato
	<b>Afternoon Tea</b> Butterbean and Spinach Dip, Moroccan Carrot dip with Cucumber, Carrot and Crackers Freshly Cut Watermelon	<b>Afternoon Tea</b> Butterbean and Spinach Dip, Moroccan Carrot dip with Cucumber, Carrot and Crackers Freshly Cut Watermelon	<b>Afternoon Tea</b> Butterbean and Spinach Dip, Moroccan Carrot dip with Cucumber, Carrot and Crackers Freshly Cut Watermelon	<b>Afternoon Tea</b> Carrot Dip with Crackers Freshly Cut Watermelon
<b>THURSDAY</b>	<b>Morning Tea</b> Premium Yoghurt Freshly Cut Watermelon	<b>Morning Tea</b> Soya Yoghurt Freshly Cut Watermelon	<b>Morning Tea</b> Premium Yoghurt Freshly Cut Watermelon	<b>Morning Tea</b> Gf Bread Freshly Cut Watermelon
	<b>Lunch</b> Tofu, Vegetables, Apricots and Rice	<b>Lunch</b> Apricot Chicken with Steamed Rice	<b>Lunch</b> Apricot Chicken with Steamed Rice	<b>Lunch</b> Chicken, Vegetable and Rice
	<b>Afternoon Tea</b> Tomato slices and cheese slices with whole meal pita bread Seasonal Whole Fruit	<b>Afternoon Tea</b> Tomato slices with whole meal pita bread Seasonal Whole Fruit	<b>Afternoon Tea</b> Tomato slices and cheese slices with rice crackers Seasonal Whole Fruit	<b>Afternoon Tea</b> Tomato slices and rice crackers Seasonal Whole Fruit
<b>FRIDAY</b>	<b>Morning Tea</b> Muesli Slice Seasonal Whole Fruits	<b>Morning Tea</b> Muesli Slice Seasonal Whole Fruits	<b>Morning Tea</b> Gf Bread Seasonal Whole Fruits	<b>Morning Tea</b> Gf Toast Seasonal Whole Fruits
	<b>Lunch</b> Roast Pumpkin and Vegetable Soup	<b>Lunch</b> Roast Pumpkin and Vegetable Soup	<b>Lunch</b> Roast Pumpkin and Vegetable Soup	<b>Lunch</b> Pumpkin Soup
	<b>Afternoon Tea</b> Pizza Scrolls Seasonal Whole Fruits	<b>Afternoon Tea</b> Df Pizza Scrolls Seasonal Whole Fruits	<b>Afternoon Tea</b> Gf Pizza Scrolls Seasonal Whole Fruits	<b>Afternoon Tea</b> Pizza Scrolls 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 at least 50% of the recommended daily intake in accordance with Nutrition Australia.**  
**Hearty Health operates from a NUT free and EGG free kitchen.**

	<b>Vegetarian</b>	<b>Dairy Free</b>	<b>Gluten Free</b>	<b>Allergy Free</b>
<b>MONDAY</b>	<b>Morning Tea</b> Premium Yoghurt Seasonal Whole Fruits	Soy yoghurt Seasonal Whole Fruits	Premium Yoghurt Seasonal Whole Fruits	Gf Toast Seasonal Whole Fruits
	<b>Lunch</b> Vegetable Cottage Pie	Beef Cottage Pie	Beef Cottage Pie	Beef, Vegetables and pasta
	<b>Afternoon Tea</b> Chickpea and Roast Pumpkin Dip, Tzatziki Dip with Crackers Seasonal Whole Fruits	Chickpea and Roast Pumpkin Dip with Crackers Seasonal Whole Fruits	Chickpea and Roast Pumpkin Dip, Tzatziki Dip with Crackers Seasonal Whole Fruits	Pumpkin Dip with Crackers Seasonal Whole Fruits
<b>TUESDAY</b>	<b>Morning Tea</b> Pineapple and Coconut Slice Seasonal Whole Fruits	Pineapple and Coconut Slice Seasonal Whole Fruits	Gf Bread Seasonal Whole Fruits	Gf Bread Seasonal Whole Fruits
	<b>Lunch</b> Sweet Potato and Chickpea Hot Pot	Chicken, Sweet Potato and Chickpea Hot Pot	Chicken, Sweet Potato and Chickpea Hot Pot	Chicken, Sweet potato and Vegetable
	<b>Afternoon Tea</b> Sliced Tomato and Cheese with Whole Meal Pita Freshly Cut Watermelon	Sliced Tomato with Whole Meal Pita Freshly Cut Watermelon	Sliced Tomato and Cheese with Crackers Freshly Cut Watermelon	Cheese and Crackers Freshly Cut Watermelon
<b>WEDNESDAY</b>	<b>Morning Tea</b> Premium Yoghurt Freshly Cut Watermelon	Soy Yoghurt Freshly Cut Watermelon	Premium Yoghurt Freshly Cut Watermelon	Gf Toast Freshly Cut Watermelon
	<b>Lunch</b> Herb Crusted Tofu with fried rice	Herb Crusted Fish with fried rice	Fish with fried rice	Fish with Vegetables and rice
	<b>Afternoon Tea</b> Vegemite Scrolls Seasonal Whole Fruits	Vegemite Scrolls Seasonal Whole Fruits	Gf Vegemite Sandwich Seasonal Whole Fruits	Gf Vegemite Sandwich Seasonal Whole Fruits
<b>THURSDAY</b>	<b>Morning Tea</b> Sultana Scones Seasonal Whole Fruits	Sultana Scones Seasonal Whole Fruits	Gf Bread Seasonal Whole Fruits	Gf Bread Seasonal Whole Fruits
	<b>Lunch</b> Braised Vegetables with Tofu and Barely	Braised Lamb, Barely and Vegetables	Braised lamb and Vegetables	Lamb, Vegetables and Mash Potato
	<b>Afternoon Tea</b> Baked Beans with Baguette Freshly cut watermelon	Baked Beans with Baguette Freshly cut watermelon	Baked Beans with Gf Bread Freshly cut watermelon	Baked Beans with Baguette Freshly cut watermelon cubes
<b>FRIDAY</b>	<b>Morning Tea</b> Ricotta and Spinach Muffin Seasonal Whole Fruits	Spinach Muffin Seasonal Whole Fruits	Gf Bread Seasonal Whole Fruits	Gf Toast Seasonal Whole Fruits
	<b>Lunch</b> Winter Vegetable and Bean Pasta	Winter Vegetable and Bean Pasta	Winter Vegetable and Bean Pasta	Penne pasta with Vegetables and Tomato Sauce
	<b>Afternoon Tea</b> Tomato Relish with Carrot and Celery Sticks Seasonal whole fruits	Tomato Relish with Carrot and Celery Sticks Seasonal whole fruits	Tomato Relish with Carrot and Celery Sticks Seasonal whole fruits	Pumpkin dip with Carrot and Celery Sticks Seasonal whole fruits

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<b>MONDAY</b>	<b>Morning Tea</b>	Premium Yoghurt Seasonal whole fruits	Soy yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Gf Toast Seasonal whole fruits
	<b>Lunch</b>	Vegetable Moussaka	Df Lamb Moussaka	Lamb Moussaka	Lamb, Vegetables and mash potato
	<b>Afternoon Tea</b>	French Onion Dip, Roast Pumpkin Dip with Crackers Seasonal whole fruits	Roast Pumpkin Dip with Crackers Seasonal whole fruits	French Onion Dip, Roast Pumpkin Dip with Crackers Seasonal whole fruits	Roast Pumpkin Dip with Crackers Seasonal whole fruits
<b>TUESDAY</b>	<b>Morning Tea</b>	Hearty Health Muffins Freshly cut watermelon	Df Hearty Health Muffins Freshly cut watermelon	Gf Bread Freshly cut watermelon	Gf Bread Freshly cut watermelon
	<b>Lunch</b>	Vegetable Sausage Rolls	Sausage Rolls	g/f Sausage Rolls	g/f Sausage Rolls
	<b>Afternoon Tea</b>	Sliced Tomato, cheese with whole meal pita Seasonal Whole Fruit	Sliced Tomato with whole meal pita Seasonal Whole Fruit	Sliced Tomato and cheese with gf bread Seasonal Whole Fruit	Cheese and Crackers Seasonal Whole Fruit
<b>WEDNESDAY</b>	<b>Morning Tea</b>	Raisin bread Seasonal whole fruits	Raisin bread Seasonal whole fruits	Gf Toast Seasonal whole fruits	Gf Toast Seasonal whole fruits
	<b>Lunch</b>	Mild Tofu Curry with Rice	Mild Chicken Curry with Rice	Mild Chicken Curry with Rice	Chicken, Vegetables and Mash Potato
	<b>Afternoon Tea</b>	Tzatziki dip, Moroccan Carrot Dip with Cucumber and Carrot Freshly Cut Watermelon	Tzatziki dip, Moroccan Carrot Dip with Cucumber and Carrot Freshly Cut Watermelon	Tzatziki dip, Moroccan Carrot Dip with Cucumber and Carrot Freshly Cut Watermelon	Carrot Dip with Crackers Freshly Cut Watermelon
<b>THURSDAY</b>	<b>Morning Tea</b>	Traditional Scones Freshly cut Watermelon	Traditional Scones Freshly cut Watermelon	Gf Bread Freshly cut Watermelon	Gf Bread Freshly cut Watermelon
	<b>Lunch</b>	Minestrone Soup	Minestrone Soup	Minestrone Soup	Minestrone Soup
	<b>Afternoon Tea</b>	Coconut Rice Pudding Seasonal Whole Fruit	Coconut Rice Pudding Seasonal Whole Fruit	Coconut Rice Pudding Seasonal Whole Fruit	Coconut Rice Pudding Seasonal Whole Fruit
<b>FRIDAY</b>	<b>Morning Tea</b>	Premium Yoghurt Seasonal whole fruits	Soy Yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Gf Toast Seasonal whole fruits
	<b>Lunch</b>	Vegetable, Tofu and Tomato pasta	Pasta Bolognaise	Pasta Bolognaise	Pasta with Tomato Sauce
	<b>Afternoon Tea</b>	Spinach and ricotta pillows Seasonal whole fruits	Spinach and pumpkin pillows Seasonal whole fruits	Gf Spinach and ricotta pillows Seasonal whole fruits	Gf Spinach and pumpkin pillows Seasonal whole fruits

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**WEEK 4 WINTER MENU 2017**  
**ALLERGY / INTOLERANCE MENU**

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<b>MONDAY</b>	<b>Morning Tea</b> Premium Yoghurt Seasonal whole fruits	Soy yoghurt Seasonal whole fruits	Premium Yoghurt Seasonal whole fruits	Gf Toast Seasonal whole fruits
	<b>Lunch</b> Vegetable and Tofu Shepherd's Pie	Lamb Shepherd's Pie	Lamb Shepherd's Pie	Lamb with Vegetables and Potato Mash
	<b>Afternoon Tea</b> White Bean and Basil Dip, Eggplant Dip with Crackers Seasonal whole fruits	White Bean and Basil Dip with Crackers Seasonal whole fruits	White Bean and Basil Dip, Eggplant Dip with Crackers Seasonal whole fruits	Cheese and crackers Seasonal whole fruits
<b>TUESDAY</b>	<b>Morning Tea</b> Homemade English Muffins Seasonal whole fruits	Homemade English Muffins Seasonal whole fruits	Gf Bread Seasonal whole fruits	Gf Bread Seasonal whole fruits
	<b>Lunch</b> Tofu and Vegetable Rice	Chinese Chicken and Vegetable Rice	Chinese Chicken and Vegetable Rice	Chicken with vegetables and rice
	<b>Afternoon Tea</b> Three bean dip with Carrot and Celery Sticks Freshly Cut Watermelon	Three bean dip with Carrot and Celery Sticks Freshly Cut Watermelon	Three bean dip with Carrot and Celery Sticks Freshly Cut Watermelon	Carrot and Celery Sticks Freshly Cut Watermelon
<b>WEDNESDAY</b>	<b>Morning Tea</b> Premium Yoghurt Freshly cut watermelon	Soy Yoghurt Freshly cut watermelon	Premium Yoghurt Freshly cut watermelon	Gf Toast Freshly cut watermelon
	<b>Lunch</b> Tofu, Vegetables and Mash	Bangers and Mash	Bangers and Mash	Sausages, Mashed Potato and Vegetable
	<b>Afternoon Tea</b> Vegetable Samosa Seasonal Whole Fruit	Vegetable Samosa Seasonal Whole Fruit	Gf Vegetable Samosa Seasonal Whole Fruit	Gf Vegetable Samosa Seasonal Whole Fruit
<b>THURSDAY</b>	<b>Morning Tea</b> Blue Berry Scones Seasonal whole fruits	Blue Berry Scones Seasonal whole fruits	Gf Bread Seasonal whole fruits	Gf Bread Seasonal whole fruits
	<b>Lunch</b> Vegetable Noodle Soup	Vegetable Noodle Soup	Vegetable Noodle Soup	Vegetable Soup
	<b>Afternoon Tea</b> Tomato and Cheese with Whole Meal Pita Freshly Cut Watermelon	Tomato with Whole Meal Pita Freshly Cut Watermelon	Tomato Relish with Carrot and Celery Sticks Freshly Cut Watermelon	Tomato with Crackers Freshly Cut Watermelon
<b>FRIDAY</b>	<b>Morning Tea</b> Pineapple coconut slice Seasonal Whole Fruit	Pineapple coconut slice Seasonal Whole Fruit	Gf Bread Seasonal Whole Fruit	Gf Toast Seasonal Whole Fruit
	<b>Lunch</b> Pumpkin, Spinach, Pineapple and Feta Pizza	Df Pumpkin, Spinach, Pineapple and Feta Pizza	Gf Pumpkin, Spinach, Pineapple and Feta Pizza	Gf Cheese and vegetable Pizza
	<b>Afternoon Tea</b> Premium Yoghurt Seasonal Whole Fruit	Soy Yoghurt Seasonal Whole Fruit	Premium Yoghurt Seasonal Whole Fruit	Gf Toast Seasonal Whole Fruit

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