

the healthy alternative in child care catering

WEEK 1 WINTER MENU 2017 ALLERGY / INTOLERANCE MENU

		Vegetarian	Dairy Free	Gluten Free	Allergy Free
	Morning	Premium Yoghurt	Soy yoghurt	Premium Yoghurt	Gf Toast
MONDAY	Теа	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits
	Lunch	Vegetable pasta with Napoli Sauce	Tuna and Vegetable Pasta	Tuna and Vegetable with Gluten free Pasta	Vegetable Pasta with Tomato Sauce
	Afternoon Tea	Roast Eggplant Dip, Hummus Dip and Crackers Seasonal whole fruits	Hummus Dip and Crackers Seasonal whole fruits	Roast Eggplant Dip, Hummus Dip and Crackers Seasonal whole fruits	Hummus Dip with Crackers Seasonal whole fruits
	Morning Tea	Raisin bread Freshly cut watermelon	Raisin bread Freshly cut watermelon	Gf Bread Freshly cut watermelon	Gf Bread Freshly cut watermelon
ruesday	Lunch	Tofu and White Bean Cassoulet	Beef and White Bean Cassoulet	Beef and White Bean Cassoulet	Beef with steamed Vegetables and Mash Potato
TUE	Afternoon Tea	Date Scones Seasonal Whole Fruit	Date Scones Seasonal Whole Fruit	Gf Bread Seasonal Whole Fruit	Gf Bread Seasonal Whole Fruit
	Morning Tea	Banana Muffins Seasonal whole fruits	Banana Muffins Seasonal whole fruits	Gf Bread Seasonal whole fruits	Gf Toast Seasonal whole fruits
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_	Lunch	Vegetable Curry with Lentils	Vegetable Curry with Lentils	Vegetable Curry with Lentils	Vegetable, Lentils and Potato
WEDNESDAY	Afternoon	Butterbean and Spinach Dip, Moroccan Carrot dip with Cucumber, Carrot and Crackers	Butterbean and Spinach Dip, Moroccan Carrot dip with Cucumber, Carrot and Crackers	Butterbean and Spinach Dip, Moroccan Carrot dip with Cucumber, Carrot and Crackers	,
	Теа	Freshly Cut Watermelon	Freshly Cut Watermelon	Freshly Cut Watermelon	Carrot Dip with Crackers Freshly Cut Watermelon
_	Morning Tea	Premium Yoghurt Freshly Cut Watermelon	Soya Yoghurt Freshly Cut Watermelon	Premium Yoghurt Freshly Cut Watermelon	Gf Bread Freshly Cut Watermelon
THURSDAY	Lunch	Tofu, Vegetables, Apricots and Rice	Apricot Chicken with Steamed Rice	Apricot Chicken with Steamed Rice	Chicken, Vegetable and Rice
IUHT	Afternoon Tea	Tomato slices and cheese slices with whole meal pita bread Seasonal Whole Fruit	Tomato slices with whole meal pita bread Seasonal Whole Fruit	Tomato slices and cheese slices with rice crackers Seasonal Whole Fruit	Tomato slices and rice crackers Seasonal Whole Fruit
FRIDAY	Morning Tea	Muesli Slice Seasonal Whole Fruits	Muesli Slice Seasonal Whole Fruits	Gf Bread Seasonal Whole Fruits	Gf Toast Seasonal Whole Fruits
	Lunch	Roast Pumpkin and Vegetable Soup	Roast Pumpkin and Vegetable Soup	Roast Pumpkin and Vegetable Soup	Pumpkin Soup
FR	Afternoon Tea	Pizza Scrolls Seasonal Whole Fruits	Df Pizza Scrolls Seasonal Whole Fruits	Gf Pizza Scrolls Seasonal Whole Fruits	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.

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WEEK 2 WINTER MENU 2017 ALLERGY / INTOLERANCE MENU

		Vegetarian	Dairy Free	Gluten Free	Allergy Free
	Morning	Premium Yoghurt	Soy yoghurt	Premium Yoghurt	Gf Toast
	Tea	Seasonal Whole Fruits	Seasonal Whole Fruits	Seasonal Whole Fruits	Seasonal Whole Fruits
DAY	Lunch	Vegetable Cottage Pie	Beef Cottage Pie	Beef Cottage Pie	Beef, Vegetables and pasta
MONDAY	Afternoon Tea	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
λ.	Morning	Pineapple and Coconut Slice	Pineapple and Coconut Slice	Gf Bread	Gf Bread
	Tea	Seasonal Whole Fruits	Seasonal Whole Fruits	Seasonal Whole Fruits	Seasonal Whole Fruits
TUESDAY	Lunch	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
2	Afternoon	Sliced Tomato and Cheese with Whole Meal Pita	Sliced Tomato with Whole Meal Pita	Sliced Tomato and Cheese with Crackers	Cheese and Crackers
	Tea	Freshly Cut Watermelon	Freshly Cut Watermelon	Freshly Cut Watermelon	Freshly Cut Watermelon
AY	Morning	Premium Yoghurt	Soy Yoghurt	Premium Yoghurt	Gf Toast
	Tea	Freshly Cut Watermelon	Freshly Cut Watermelon	Freshly Cut Watermelon	Freshly Cut Watermelon
NESL	Lunch	Herb Crusted Tofu with fried rice	Herb Crusted Fish with fried rice	Fish with fried rice	Fish with Vegetables and rice
WEDNESDAY	Afternoon	Vegemite Scrolls	Vegemite Scrolls	Gf Vegemite Sandwich	Gf Vegemite Sandwich
	Tea	Seasonal Whole Fruits	Seasonal Whole Fruits	Seasonal Whole Fruits	Seasonal Whole Fruits
*	Morning	Sultana Scones	Sultana Scones	Gf Bread	Gf Bread
	Tea	Seasonal Whole Fruits	Seasonal Whole Fruits	Seasonal Whole Fruits	Seasonal Whole Fruits
INUKSUAT	Lunch	Braised Vegetables with Tofu and Barely	Braised Lamb, Barely and Vegetables	Braised lamb and Vegetables	Lamb, Vegetables and Mash Potato
DHT	Afternoon	Baked Beans with Baguette	Baked Beans with Baguette	Baked Beans with Gf Bread	Baked Beans with Baguette
	Tea	Freshly cut watermelon	Freshly cut watermelon	Freshly cut watermelon	Freshly cut watermelon cubes
	Morning	Ricotta and Spinach Muffin	Spinach Muffin	Gf Bread	Gf Toast
	Tea	Seasonal Whole Fruits	Seasonal Whole Fruits	Seasonal Whole Fruits	Seasonal Whole Fruits
AY	Lunch	Winter Vegetable and Bean Pasta	Winter Vegetable and Bean Pasta	Winter Vegetable and Bean Pasta	Penne pasta with Vegetables and Tomato Sauce
FRIDAY	Afternoon	Tomato Relish with Carrot and Celery Sticks	Tomato Relish with Carrot and Celery Sticks	Tomato Relish with Carrot and Celery Sticks	Pumpkin dip with Carrot and Celery Sticks
	Tea	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits

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

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WEEK 3 WINTER MENU 2017 ALLERGY / INTOLERANCE MENU

		Vegetarian	Dairy Free	Gluten Free	Allergy Free
~	Morning	Premium Yoghurt	Soy yoghurt	Premium Yoghurt	Gf Toast
	Tea	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits
MONDAY	Lunch	Vegetable Moussaka	Df Lamb Moussaka	Lamb Moussaka	Lamb, Vegetables and mash potato
M	Afternoon Tea	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
۲	Morning	Hearty Health Muffins	Df Hearty Health Muffins	Gf Bread	Gf Bread
	Tea	Freshly cut watermelon	Freshly cut watermelon	Freshly cut watermelon	Freshly cut watermelon
TUESDAY	Lunch	Vegetable Sausage Rolls	Sausage Rolls	g/f Sausage Rolls	g/f Sausage Rolls
5	Afternoon	Sliced Tomato, cheese with whole meal pita	Sliced Tomato with whole meal pita	Sliced Tomato and cheese with gf bread	Cheese and Crackers
	Tea	Seasonal Whole Fruit	Seasonal Whole Fruit	Seasonal Whole Fruit	Seasonal Whole Fruit
٩Y	Morning	Raisin bread	Raisin bread	Gf Toast	Gf Toast
	Tea	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits
IESD/	Lunch	Mild Tofu Curry with Rice	Mild Chicken Curry with Rice	Mild Chicken Curry with Rice	Chicken, Vegetables and Mash Potato
WEDNESDAY	Afternoon Tea	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
۲	Morning	Traditional Scones	Traditional Scones	Gf Bread	Gf Bread
	Tea	Freshly cut Watermelon	Freshly cut Watermelon	Freshly cut Watermelon	Freshly cut Watermelon
THURSDAY	Lunch	Minestrone Soup	Minestrone Soup	Minestrone Soup	Minestrone Soup
THU	Afternoon	Coconut Rice Pudding	Coconut Rice Pudding	Coconut Rice Pudding	Coconut Rice Pudding
	Tea	Seasonal Whole Fruit	Seasonal Whole Fruit	Seasonal Whole Fruit	Seasonal Whole Fruit
	Morning	Premium Yoghurt	Soy Yoghurt	Premium Yoghurt	Gf Toast
	Tea	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits
FRIDAY	Lunch	Vegetable, Tofu and Tomato pasta	Pasta Bolognaise	Pasta Bolognaise	Pasta with Tomato Sauce
Ħ	Afternoon	Spinach and ricotta pillows	Spinach and pumpkin pillows	Gf Spinach and ricotta pillows	Gf Spinach and pumpkin pillows
	Tea	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits

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WEEK 4 WINTER MENU 2017 ALLERGY / INTOLERANCE MENU

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Morning	Premium Yoghurt	Soy yoghurt	Premium Yoghurt	Gf Toast
Tea	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits
Lunch	Vegetable and Tofu Shepherd's Pie	Lamb Shepherd's Pie	Lamb Shepherd's Pie	Lamb with Vegetables and Potato Mash
Afternoon Tea	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
Morning	Homemade English Muffins	Homemade English Muffins	Gf Bread	Gf Bread
Tea	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits
Lunch	Tofu and Vegetable Rice	Chinese Chicken and Vegetable Rice	Chinese Chicken and Vegetable Rice	Chicken with vegetables and rice
Afternoon	Three bean dip with Carrot and Celery Sticks	Three bean dip with Carrot and Celery Sticks	Three bean dip with Carrot and Celery Sticks	Carrot and Celery Sticks
Tea	Freshly Cut Watermelon	Freshly Cut Watermelon	Freshly Cut Watermelon	Freshly Cut Watermelon
Morning	Premium Yoghurt	Soy Yoghurt	Premium Yoghurt	Gf Toast
Tea	Freshly cut watermelon	Freshly cut watermelon	Freshly cut watermelon	Freshly cut watermelon
Lunch	Tofu, Vegetables and Mash	Bangers and Mash	Bangers and Mash	Sausages, Mashed Potato and Vegetable
Afternoon	Vegetable Samosa	Vegetable Samosa	Gf Vegetable Samosa	Gf Vegetable Samosa
Tea	Seasonal Whole Fruit	Seasonal Whole Fruit	Seasonal Whole Fruit	Seasonal Whole Fruit
Morning	Blue Berry Scones	Blue Berry Scones	Gf Bread	Gf Bread
Tea	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits	Seasonal whole fruits
Lunch	Vegetable Noodle Soup	Vegetable Noodle Soup	Vegetable Noodle Soup	Vegetable Soup
Afternoon	Tomato and Cheese with Whole Meal Pita	Tomato with Whole Meal Pita	Tomato Relish with Carrot and Celery Sticks	Tomato with Crackers
Tea	Freshly Cut Watermelon	Freshly Cut Watermelon	Freshly Cut Watermelon	Freshly Cut Watermelon
Morning	Pineapple coconut slice	Pineapple coconut slice	Gf Bread	Gf Toast
Tea	Seasonal Whole Fruit	Seasonal Whole Fruit	Seasonal Whole Fruit	Seasonal Whole Fruit
Lunch	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
Afternoon	Premium Yoghurt	Soy Yoghurt	Premium Yoghurt	Gf Toast
Tea	Seasonal Whole Fruit	Seasonal Whole Fruit	Seasonal Whole Fruit	Seasonal Whole Fruit

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