

## WEEK 1 WINTER MENU 2017

### Portions per child / Suggested Serving

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b>	Premium Yoghurt <i>Gluten Free</i> <b>100g</b> <i>Served cold</i>  Seasonal whole fruits <b>½ fruit</b>	Raisin bread <i>Dairy free</i> <b>1</b> <i>Served warm or at room temperature</i>  Freshly Cut Watermelon <b>2 pieces</b>	Banana Muffin <i>Dairy free</i> <b>1</b> <i>Served warm or at room temperature</i>  Seasonal whole fruits <b>½ fruit</b>	Premium Yoghurt <i>Gluten Free</i> <b>100g</b> <i>Served cold</i>  Freshly Cut Watermelon <b>2 pieces</b>	Muesli slice <i>Dairy free</i> <b>1 slice</b> <i>Served at room temperature</i>  Seasonal whole fruits <b>½ fruit</b>
<b>Lunch</b>	Tuna and Vegetable pasta <b>200g</b> <i>Dairy Free</i>  <i>Heat meal to above 60°C</i>	Beef and white bean cassoulet <b>200g</b> <i>Dairy and Gluten Free</i>  <i>Heat meal to above 60°C</i>	Vegetable Curry with Lentils <b>200gm</b> <i>Vegetarian/Gluten and Dairy free</i>  <i>Heat meal to above 60°C</i>	Apricot Chicken with Rice <b>200g</b> <i>Gluten and Dairy Free</i>  <i>Heat meal to above 60°C</i>	Roast Pumpkin and Vegetable Soup <b>200ml</b> <i>Vegetarian/Gluten and Dairy free</i>  <i>Heat meal to above 60°C</i>
<b>Afternoon Tea</b>	Roasted eggplant dip <i>Gluten free</i> Hummus dip <i>Gluten/Dairy free</i> rice crackers <i>Glute/Dairy free</i> <b>15gm each dip / water 3 / rice 3</b> <i>Served cold</i>  Seasonal whole fruits <b>½ fruit</b>	Date Scones <i>Dairy free</i> <b>1</b> <i>Served at room temperature</i>  Seasonal Whole Fruit <b>½ fruit</b>	Butterbean and spinach dip <i>Gluten/Dairy free</i> Carrot dip <i>Gluten/Dairy free</i> raw cucumber, carrot crackers <i>Gluten/Dairy free</i> <b>15gm each dip / 25gm veg 3</b> <b>crackers</b> <i>Served cold</i>  Freshly Cut watermelon <b>2 pieces</b>	Tomato slices cheese slices <i>Gluten free</i> whole meal pita <i>Dairy free</i> <b>3 / 3 / 4 pita</b> <i>Served cold</i>  Seasonal Whole Fruit <b>½ fruit</b>	Pizza Scrolls <i>Contain Gluten/Dairy</i> <b>1</b> <i>Heat meal to above 60°C</i> <i>Or cold</i>  Seasonal whole fruits <b>½ fruit</b>

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 WINTER MENU 2017

### Portions per child / Suggested Serving

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt Gluten Free 100ml Served cold  Seasonal whole fruits ½ fruit	Pineapple and Coconut slice Dairy Free 1 Served at room temperature  Seasonal Whole Fruit 2 pieces	Premium Yoghurt Gluten Free 100ml Served cold  Freshly Cut Watermelon 2 pieces	Sultana Scones Dairy Free 1 Served hot or at room temperature  Seasonal Whole Fruit ½ fruit	Ricotta and Spinach Muffin 1 Served warm or at room temperature  Seasonal whole fruits ½ fruit
Lunch	Beef Cottage pie 12x serves per tray  Gluten and Dairy Free  Heat meal to above 60°C	Chicken, Sweet Potato and Chick Pea Hot Pie 200g Gluten and Dairy Free  Heat meal to above 60°C	Herb Crusted Fish with fried rice 1 piece Fish 80g rice Gluten and Dairy Free  Heat meal to above 60°C with salad served cold	Braised Lamb Barely and Vegetables 200g Dairy Free  Heat meal to above 60°C	Winter Vegetable and Bean Pasta 200g Dairy Free  Heat meal to above 60°C
Afternoon Tea	Chickpea and pumpkin dip, Gluten and Dairy Free Tzatziki dip Dairy Free with rice crackers 15gm each dip / water 3 / rice 3 Served cold  Seasonal whole fruits ½ fruit	Tomato slices cheese slices Gluten free whole meal pita Dairy free 3 / 3 / 4 pita Served cold  Freshly Cut Watermelon 2 pieces	Vegemite Scrolls 1 Served at room temperature  Seasonal whole fruits ½ fruit	Baked Beans and Baguette Dairy free 30g beans/ 2 slices bread Served hot  Freshly Cut Watermelon 2 pieces	Raw carrot and celery sticks with Tomato Relish Gluten and Dairy Free 25gm dip, 35gm veg Served at cold  Seasonal whole fruits ½ fruit

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## WEEK 3 WINTER MENU 2017

### Portions per child / Suggested Serving

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt <i>Gluten Free</i> 100ml <i>Served cold</i>  Seasonal whole fruits ½ fruit	Hearty Health Signature Muffins <i>Dairy free</i> 1 <i>Served warm or at room temperature</i>  Freshly Cut Watermelon 2 pieces	Raisin bread <i>Dairy free</i> 1 <i>Served warm or at room temperature</i>  Seasonal whole fruit ½ fruit	Traditional Scones <i>Dairy free</i> 1 <i>Served at room temperature</i>  Freshly Cut Watermelon 2 pieces	Premium Yoghurt <i>Gluten Free</i> 100ml <i>Served cold</i>  Seasonal whole fruits ½ fruit
Lunch	Lamb Moussaka 200g <i>Gluten Free</i>  <i>Heat meal to above 60°C</i>	Sausage Rolls 1 <i>Dairy Free</i>  <i>Heat meal to above 60°C</i>	Mild Chicken Curry with Rice 200g  <i>Gluten and Dairy free</i> <i>Heat meal to above 60°C</i>	Minestrone with baguette 200ml  <i>Dairy free</i> <i>Heat meal to above 60°C</i>	Spaghetti Bolognaise 200g  <i>Dairy free</i> <i>Heat meal to above 60°C</i>
Afternoon Tea	French onion dip, <i>Gluten Free</i> Roast Pumpkin dip <i>Gluten and Dairy free</i> with rice crackers 15gm each dip rice 6 <i>Served cold</i>  Seasonal whole fruits ½ fruit	Tomato slices cheese slices <i>Gluten free</i> whole meal pita <i>Dairy free</i> 3 / 3 / 4 pita <i>Served cold</i>  Seasonal Whole fruit ½ fruit	Tzatziki dip, <i>Gluten Free</i> Moroccan Carrot dip <i>Gluten and Dairy free</i> with raw cucumber, carrot <i>Served cold</i> 15gm each dip, 25gm veg  Freshly Cut Watermelon 2 pieces	Coconut Rice Pudding <i>Gluten and Dairy free</i> <i>Served hot or cold</i> 20 serves per tray  Seasonal Whole fruit ½ fruit	Spinach and Ricotta Pillows 1 <i>Serve hot or at room temperature</i>  Seasonal whole fruits ½ fruit

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium Yoghurt Gluten Free 100ml Served cold  Seasonal whole fruits ½ fruit	English Muffins Dairy Free 1 Served hot or room temperature  Seasonal Whole Fruit ½ fruit	Premium Yoghurt Gluten Free 100ml Served cold  Served cold Freshly Cut Watermelon 2 pieces	Blueberry Scones Dairy Free 1 Served at room temperature  Seasonal Whole fruit ½ fruit	Pineapple and Coconut slice Dairy Free 1 Served at room temperature  Seasonal whole fruits ½ fruit
Lunch	Lamb shepherd's Pie 12 serves per tray  Gluten and Dairy free Heat meal to above 60°C	Chinese Chicken and Vegetable Rice 200g Gluten and Dairy free Heat meal to above 60°C	Bangers and Mash 3 sausage 85g mash  Gluten and Dairy free Heat meal to above 60°C	Vegetable Noodle Soup 200ml  Vegetarian and Dairy free Heat meal to above 60°C	Pumpkin, Spinach, Pineapple and Fetta Pizza 3 pieces Vegetarian Heat meal to above 60°C
Afternoon Tea	White bean and basil dip, Gluten and Dairy free Eggplant dip Gluten Free with rice crackers 15gm each dip / 6 rice Served cold  Seasonal whole fruits ½ fruit	Raw Carrot and Cucumber with 3 Bean Dip Gluten and Dairy free 25g Dip 35g Veg Served cold  Freshly Cut Watermelon 2 pieces	Vegetable Samosa Dairy Free 1 Served warm or at room temperature  Seasonal whole fruits ½ fruit	Tomato slices and cheese cubes with whole meal pita 3 / 3 / 4 pita Served cold  Freshly Cut Watermelon 2 pieces	Premium Yoghurt Gluten Free 100ml Served cold  Seasonal whole fruits ½ fruit

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