

WEEK 1 WINTER MENU 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium yoghurt Seasonal whole fruits	Banana muffin Freshly cut watermelon	Premium yoghurt Seasonal whole fruits	English muffin with cheese Freshly cut watermelon	Raisin bread Seasonal whole fruits
Lunch	Beef cottage pie	Thick hearty winter vegetable soup with baguette	Pumpkin, spinach, pineapple and feta pizza	Braised lamb with lentils, spinach and steamed scented rice	Winter vegetable penne pasta with basil and silverbeet
Afternoon Tea	Roasted pumpkin dip, French onion dip with sakatas Seasonal whole fruits	Sliced tomato & cheese with wholemeal pita Seasonal whole fruits	HH Muesli bar Freshly Cut watermelon	Hummus dip with carrot, cucumber and sakatas Seasonal whole fruits	Wholemeal cheese sandwich Seasonal whole fruits

To be served with water / fresh milk / soy milk

Our aim is to always provide the freshest and best quality produce every day.

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 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium yoghurt Seasonal whole fruits	Orange and poppy seed muffin Freshly cut watermelon	HH Bliss bar Seasonal whole fruits	Pineapple and Coconut Scone Freshly cut watermelon	Premium yogurt Seasonal whole fruits
Lunch	Winter vegetable lasagna	Penne pasta bolognaise	HH Homemade sausage rolls	Ratatouille with basil and penne pasta	Chicken and sweet potato hot pot with turmeric rice
Afternoon Tea	Beetroot dip and Roast carrot dip with sakatas Seasonal whole fruits	Sliced tomato & cheese with wholemeal pita Seasonal whole fruits	Carrot and Zucchini muffin Freshly cut watermelon	Tzatziki dip, basil and white bean dip with cucumber, carrot & sakatas Seasonal whole fruits	Pizza Scrolls Seasonal whole fruits

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WEEK 3 WINTER MENU 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium yoghurt	Apple and cinnamon scone	Premium yoghurt	HH muesli bar	Raisin bread
	Seasonal whole fruits	Freshly cut watermelon	Seasonal whole fruits	Freshly cut watermelon	Seasonal whole fruits
Lunch	Lamb Shepherd's Pie	Apricot chicken with steamed rice	Vegetable penne pasta primavera	Beef chop suey with cabbage and scented rice	Thick minestrone soup with baguette
Afternoon Tea	Roast Eggplant dip, hummus dip with sakatas	Spinach and ricotta pillows	Baked beans with baguette	Sliced tomato & cheese with wholemeal pita	Corn relish dip with cucumber, carrot and sakatas
	Seasonal whole fruits	Seasonal whole fruits	Freshly cut watermelon	Seasonal whole fruits	Seasonal whole fruits

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WEEK 4 WINTER MENU 2018

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	Premium yoghurt	HH Bliss bar	Apricot muffins	Pumpkin Scones	Premium yoghurt
	Seasonal whole fruits	Freshly cut watermelon	Seasonal whole fruits	Freshly cut watermelon	Seasonal whole fruits
Lunch	Traditional beef lasagna	Tomato, basil and winter vegetable penne pasta	Beef and white bean cassoulet with pilaf rice	Winter root vegetable and silverbeet pasty	Herb crusted fish with vegetable rice
Afternoon Tea	Roast carrot dip, Hummus dip with sakatas	Vegemite scrolls	Sliced tomato & cheese with wholemeal pita	Tomato relish dip with cucumber, carrot and sakatas	Baked beans with baguette
	Seasonal whole fruits	Seasonal whole fruits	Freshly cut watermelon	Seasonal whole fruits	Seasonal whole fruits

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