



# SAMPLE MENU- WEEK 1

CHILDREN WITH FOOD ALLERGIES AND INTOLERANCES ARE PROVIDED WITH SUITABLE NUTRITIOUS ALTERNATIVES.

Halal Certified

*\*Water is offered at all meals and is available freely throughout the day\**

MORNING  
TEA

LUNCH

AFTERNOON  
TEA

	M	T	W	T	F
<b>Yoghurt cups</b>  with muesli & fresh fruit	<b>Wholemeal Turkish toast with cheese</b>  + seasonal fresh fruit platter	<b>Banana Bread</b>  + seasonal fresh fruit platter	<b>Avocado on Wholemeal toast</b>  + seasonal fresh fruit platter	<b>Raisin toast</b>  + seasonal fresh fruit platter	
<b>Creamy tomato chicken pasta</b>  with seasonal vegetables	<b>Spaghetti bolognese</b>  with seasonal vegetables	<b>Teriyaki beef</b>  with brown rice & vegetables	<b>Lamb rogan josh</b>  seasonal vegetables and brown rice	<b>Pumpkin &amp; white bean soup</b>  with oven baked garlic bread	
<b>Charred pita bread &amp; Hummus</b>  with fresh cut salad	<b>Corn thins, cheese &amp; Tzatziki</b>  + fresh fruit & vegetables	<b>Vegetable Samosa</b>  + fresh fruit & vegetables	<b>Carrot &amp; Cinnamon slice</b>  + fresh fruit & vegetables	<b>Housemade chicken &amp; veg sausage rolls</b>  + fresh fruit & vegetables	

Vitamin C is important for iron absorption, especially for vegetarian meals!

★ A variety of fruit & vegetables in a Child's diet is very important- We ensure children are offered the freshest selection of seasonal fruit & veggies, every day to meet their daily recommended requirements! ★

*This menu has been created on the basis of children having a high iron breakfast cereal/ wholemeal toast and an additional cup of milk to fulfil the daily serve requirements recommended.*