

<h1>Week 1</h1> <p>Gumnut Gardens Menu</p> <h2>Winter</h2>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b> 	Wheat Bix  Variety Fruit  MILK / WATER	Crispbread with Vegemite and Cheese  Green Apple & dried Fruit  MILK / WATER	Oats Porridge  Banana & Pear  MILK / WATER	Crispbread with sliced Cheese  Red Apple slices/Dried Fruit  MILK / WATER	Cruskits & Cheese  Banana & Honeydew Melon  MILK / WATER
<b>Lunch &amp; Dessert</b>	Fruity Island Lamb Curry with Carrot & Wholemeal Pasta + Veges  Natural Yoghurt with Canned Mango  WATER	Pumpkin & Lentil Soup with Wholemeal Bread  Orange Slices  WATER	Italian Beef & Noodles + Veges  Natural Yoghurt with *Strawberries  WATER	Spaghetti Bolognese with Zucchini, Celery, Carrot & Herbs + Veges  Homemade Rice Pudding  WATER	Chicken Stir-fry with Brown Rice, Marinated Capsicum & Cucumber +Veges  Orange Slices  WATER
<b>Afternoon Tea</b>	Crispbread with Avocado Dip  Slices of Cucumber & Carrot  MILK / WATER	Pita bread Wholemeal With Broccomole  MILK / WATER	Homemade Wholemeal Pumpkin Scones  Veg sticks  MILK / WATER	Homemade Wholemeal Blueberries Pancakes  Carrot & Cucumber Sticks  MILK / WATER	Pancakes  Veg Sticks  MILK / WATER
<b>Late Snack</b>	Crispbread/Rice crackers with Cream Cheese or Vegemite  *Orange  WATER	Crispbread/Rice crackers with Cream Cheese or Vegemite  *Dried Fruit  WATER	Crispbread/Rice crackers with Cream Cheese or Vegemite  *Orange  WATER	Crispbread/Rice crackers with Cream Cheese or Vegemite  *Banana  WATER	Crispbread/Rice crackers with Cream Cheese or Vegemite  *Dried Fruit  WATER

*Any food types which potential choking hazards for infants will be substituted appropriately e.g. Carrot sticks will be blanched.*

*Babies will have Carrot, Pear or Apple puree* **Note: Full cream milk and Cheese < 2years old**

**Low Fat Milk and Cheese > 2years old**

**Updated at June 2020 \* = According to season. /Availability**

<h1>Week 2</h1> <p>Gumnut Gardens Menu</p> <h2>Winter</h2>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Morning Tea</b></p> 	<p>Oats Porridge</p> <p>Variety Fruit</p> <p>MILK / WATER</p>	<p>Crispbread with sliced Cheese</p> <p>*Pear &amp; Pineapple</p> <p>MILK / WATER</p>	<p>Wheat Bix</p> <p>*Banana &amp; Orange</p> <p>MILK / WATER</p>	<p>Crispbread with Ricotta Cheese</p> <p>Pear &amp; Banana</p> <p>MILK / WATER</p>	<p>Wholemeal Bread with Vegemite &amp; Cheese</p> <p>Apple &amp; Kiwi Fruit</p> <p>MILK / WATER</p>
<p><b>Lunch &amp; Dessert</b></p>	<p>Lamb Goulash with Eggplant and Wholemeal Pasta + Veges</p> <p>Natural Yoghurt with can of Mango</p> <p>WATER</p>	<p>Zucchini, Capsicum &amp; Beans with Brown Rice +Veges</p> <p>Orange slices</p> <p>WATER</p>	<p>Cheat's Moussaka (Eggplant and Greek Yoghurt) &amp; Brown Rice + Veges</p> <p>Natural Yogurt with Mango</p> <p>WATER</p>	<p>Tuna Mornay &amp; Steamed Broccoli &amp; Cauliflower (wholemeal pasta) +Veges</p> <p>*Orange Slices</p> <p>WATER</p>	<p>Beef Sheppard's Pie with Corn on a Cob + Veges</p> <p>Creamy Sweet Rice (Portuguese recipe)</p> <p>WATER</p>
<p><b>Afternoon Tea</b></p>	<p>Homemade Wholemeal Pumpkin Muffins</p> <p>Vegetables Sticks</p> <p>MILK / WATER</p>	<p>Homemade Wholemeal Herbs Bread</p> <p>Vegetables Sticks &amp; Spinach Hummus</p> <p>MILK / WATER</p>	<p>Corn &amp; Cheese Fritters and slices of cucumber</p> <p>MILK / WATER</p>	<p>Homemade wholemeal Classic Zucchini Slices</p> <p>MILK / WATER</p>	<p>Homemade wholemeal English Muffins</p> <p>Veg Sticks</p> <p>MILK / WATER</p>
<p><b>Late Snack</b></p>	<p>Crispbread/Rice crackers with Cream Cheese or Vegemite</p> <p>Orange</p> <p>WATER</p>	<p>Crispbread/Rice crackers with Cream Cheese or Vegemite</p> <p>Banana</p> <p>WATER</p>	<p>Crispbread/Rice crackers with Cream Cheese or Vegemite</p> <p>Dried Fruit</p> <p>WATER</p>	<p>Crispbread/Rice crackers with Cream Cheese or Vegemite</p> <p>Dried Fruit</p> <p>WATER</p>	<p>Crispbread/Rice crackers with Cream Cheese or Vegemite</p> <p>Dried Fruit</p> <p>WATER</p>


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**Low Fat Milk and Cheese > 2years old**

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<h1>Week 3</h1> <p>Gumnut Gardens Menu</p> <h2>Winter</h2>	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Morning Tea</b> 	Wheat Bix  Variety Fruit  MILK / WATER	Crispbread with Slices Cheese  * Orange & Kiwi Fruit  MILK / WATER	Oats Porridge  *Banana & Pear  MILK / WATER	Wholemeal Bread with Slices of Cheese  *Pineapple & Apple  MILK / WATER	Wholemeal Bread & slices of cheese  *Banana & Pear  MILK / WATER
<b>Lunch &amp; Dessert</b>	Mexican Beans & Beef and Brown Rice + Veges  Natural Yoghurt With Canned  WATER	Hearty Autumn Soup (Beef) +Veges  Natural Yoghurt with Canned Pear  WATER	Greek Beef with Wholemeal Pasta, Zucchini & Feta Cheese + Veges  Homemade Rice Pudding  WATER	Beef Stir Fry with Vegetables & Rice Noodles + Veges  Natural Yogurt with Mango  WATER	Mushroom and Spinach Risotto & cheese on top  Orange Slices  WATER
<b>Afternoon Tea</b>	Crispbread with Nutellex & Vegemite  *Veg sticks  MILK / WATER	Homemade Wholemeal Herbs Bread with Veg sticks & Hummus  MILK / WATER	Crispbread with Ricotta Cheese  Veg sticks  MILK / WATER	Savoury wholemeal Brown Rice  Veg sticks  MILK / WATER	Homemade wholemeal Blueberries Muffins  Veg sticks  MILK / WATER
<b>Late Snack</b>	Crispbread/Rice Cakes with Vegemite or cream cheese  Dried Fruit  WATER	Crispbread/Rice Cakes with Vegemite or cream cheese  Banana  WATER	Crispbread/Rice Cakes with Vegemite or cream cheese  Orange  WATER	Crispbread/Rice Cakes with Vegemite or cream cheese  Orange  WATER	Crispbread/Rice Cakes with Vegemite or cream cheese  Dried Fruit  WATER

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# Week 4

Gumnut Gardens Menu

## Winter

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>Morning Tea</b> 	Wholemeal bread & Cheese  *Variety fruit  MILK / WATER	Crispbread with sliced of Cheese  Banana Watermelon  MILK / WATER	Oats Porridge  Pear & Banana  MILK / WATER	Wholemeal bread with avocado  *Pineapple & Apple  MILK / WATER	Wholemeal Bread & Slices of cheese  Banana & Kiwi Fruit  MILK / WATER
<b>Lunch &amp; Dessert</b>	Asian Style Beef and Vegetables & Noodles + Veges  Yoghurt & blueberries  WATER	Asian Style Fish + Veges  Orange slices  WATER	Chicken & Corn + veg Rice Noodle Soup  Orange slices  WATER	Beef Chilli Con-Carne with wholemeal pasta +Veges  Creamy Sweet Rice (Portuguese recipe)  WATER	Homemade Ham & Vegetarian Pizzas  Orange slices  WATER
<b>Afternoon Tea</b>	Wholemeal cheese and chive Scones  Broccomole Dip  MILK / WATER	Homemade Apple/oats Muffins(wholemeal)  Veg sticks  MILK / WATER	Homemade English Muffins  Veg sticks  MILK / WATER	Crispbread with Hummus Dip  Veg sticks  MILK / WATER	Homemade Wholemeal Pumpkin Scones  with Veg sticks  MILK / WATER
<b>Late Snack</b>	Crispbread with Cream Cheese or Vegemite  Dried Fruit  WATER	Crispbread with Cream Cheese or Vegemite  Banana  WATER	Rice cakes & Vegemite  Dried Fruit  WATER	Crispbread with Cream Cheese or Vegemite  Orange  WATER	Rice Cakes with Cream Cheese or Vegemite  Green Apple  WATER

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