

The Infants' Home Winter Menu 2008

Week 1

MORNING TEA	LUNCH	AFTERNOON TEA
<p><u>MONDAY</u></p> <p>Mini wheats with warm milk Sultanas water</p>	<ul style="list-style-type: none"> • Thick Italian Minestrone Soup (Pumpkin, Potato, pureed 3 bean mix, carrots, peas, onion, tomato puree, tomato paste, garlic, vegetable stock and parsley)Pasta • Wholemeal Bread with Butter • Water <p>H Minestrone Soup</p>	<p>Lavish Bread with Cheese & Vegemite Apple / watermelon Milk</p>
<p><u>TUESDAY</u></p> <p>Toast & vegemite Fruit Milk</p>	<ul style="list-style-type: none"> • Thai Fish Cakes (Tuna, Potato, grated carrots and zucchini, onion, lemon grass, parsley and garlic) • Spinach Rice • Water <p>H Thai Vegetarian Patties – potato, grated carrot, zucchini, onion, parsley, garlic, 3 bean mixed mashed & lemon grass. Spinach rice</p>	<p>Sao's with cheese spread / vegemite Mandarin / pears Milo Milk</p>
<p><u>WEDNESDAY</u></p> <p>Toast with cheese slices Fruit Milk</p>	<ul style="list-style-type: none"> • Cottage Pie with Carrots, peas, corn, potato, beef mince and grated cheese on the top • Water <p>H Vegetarian Pie – carrots, peas, potato, grated cheese (on top) with mushroom, tomato paste and spinach</p>	<p>Crackers & French onion dip Water melon / apples Milk</p>
<p><u>THURSDAY</u></p> <p>Fruit loaf toasted fruit Milk</p>	<ul style="list-style-type: none"> • Mexican Tacos with Beef (beef mince and onion tomato paste, garlic, parsley on Lavish bread) Pasta for Rigby / Emily's • Lettuce, tomato chopped, beetroot & Grated Cheese • Water <p>H Tacos with red lentils cooked in tomato puree, garlic, onion, parsley & salad</p>	<p>Mixed sandwiches: vegemite. tomato Watermelon / apples Milk</p>
<p><u>FRIDAY</u></p> <p>Wholemeal muffins with cheese spread / vegemite Fruit Milk</p>	<ul style="list-style-type: none"> • Chinese Chicken: chicken breast cooked in soy sauce, onions, tomato sauce, garlic, pepper • Noodles • Corn and beans • Water <p>H Pasta with Tofu cooked in soy sauce, onions, tomato puree, garlic, pepper</p>	<p>Turkish bread with avocado Pears / mandarin Milk</p>

- ★ Check children's dietary requirements
- ★ No peanut butter to be given out in any program area
- ★ Vegetarian dishes in bold print
- ★ Water available after all meals and snacks
- ★ Sandwiches made with wholemeal bread

- ★ Full cream dairy products to be used for under two's, reduced fat dairy products may be offered to over two's.

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Week 2

MORNING TEA	LUNCH	AFTERNOON TEA
<p><u>MONDAY</u></p> <p>Fruit Muffins (Rigby / JH babies. Wholemeal muffins) Fruit Milk</p>	<ul style="list-style-type: none"> • Tuna Mornay: Brown rice, tuna, tinned asparagus soup, tinned tomatoes, onions grated cheese, breadcrumbs • Wholemeal Lavish • Broccoli / corn • water <p>Brown rice, mashed chick peas cooked in: asparagus soup, tinned tomatoes onions, breadcrumbs, and grated cheese. broccoli & corn, lavish</p>	<p>Bread sticks & pineapple & ricotta dip Oranges / apples Milo Milk</p>
<p><u>TUESDAY</u></p> <p>Toast with cheese spread Fruit Milk</p>	<ul style="list-style-type: none"> • Italian Spaghetti Bolognese with carrots, peas, grated cheese and beef mince • Water <p>H Spaghetti with vegetarian bolognese, carrots, peas, vegetarian sauce – lentils cooked with tomato puree</p>	<p>yogurt watermelon Milk</p>
<p><u>WEDNESDAY</u></p> <p>Raison Toast plain for Rigby & JH babies Fruit Milk</p>	<ul style="list-style-type: none"> • Spanish Rice with corn, peas, capsicum, onion and chicken stock • Chicken Meatballs • Water <p>H Spanish Rice with oven roasted potatoes, mushrooms & grated cheese</p>	<p>Wholemeal Lavish with tomato & cheese slices Mandarins / apples Milk</p>
<p><u>THURSDAY</u></p> <p>Toast Cheese / vegemite Fruit Milk</p>	<ul style="list-style-type: none"> • Beef Ragout (Beef Casserole with pumpkin, cauliflower, tomato puree, carrots, spinach, potato and onion) • Mashed potato • Water <p>H Vegetarian casserole, pumpkin, cauliflower, tomato paste, carrot, potato, onion, chick peas, spinach</p>	<p>Shredded Wheatmeal biscuits Pears / mandarins Milk</p>
<p><u>FRIDAY</u></p> <p>English muffins with butter Sultanas Milk</p>	<ul style="list-style-type: none"> • Thick Italian Minestrone Soup pumpkin, potato, pureed 3 bean mix, carrots, peas, onion, tomato puree, tomato paste, garlic, vegetable stock, parsley, & pasta. • Wholemeal Lavish • water <p>*As Above</p>	<p>Sandwiches with cheese or vegemite Apples Milk</p>

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Week 3

MORNING TEA	LUNCH	AFTERNOON TEA
<p><u>MONDAY</u></p> <p>Toast with cheese slices Fruit Milk Milo</p>	<ul style="list-style-type: none"> Thick Potato, Pumpkin Soup, pureed red lentils onion and pinch paprika. Strips capsicum sautéed add to soup when serving. Bread Water <p>*As Above</p>	<p>Naan bread, sliced tomato. Avocado Chopped oranges Milk</p>
<p><u>TUESDAY</u></p> <p>Toasted Wholemeal Muffins with cheese / vegemite Fruit Milk</p>	<ul style="list-style-type: none"> Meat Loaf, gravy Mashed Potato corn and peas Water <p>H Whole potato mushrooms & cheese on top. Pumpkin and peas.</p>	<p>Mixed Sandwiches with Spaghetti / vegemite Watermelon / pears Milk</p>
<p><u>WEDNESDAY</u></p> <p>Raison toast Fruit Milk</p>	<ul style="list-style-type: none"> Chinese Honey and Soy Beef Stir Fry (Soy sauce, beef strips, onions, carrots and Broccoli) Noodles Water <p>H Tofu strips, noodles, vegetables as above in soy sauce., noodles</p>	<p>Pineapple & ricotta dip Water crackers Mandarins / apples Milk</p>
<p><u>THURSDAY</u></p> <p>Toasted muffins Cheese slices Sultanas Milk</p>	<ul style="list-style-type: none"> Chicken Breast cooked in onions, tomato sauce, garlic, pepper, worcestershire sauce Rice Broccoli and Corn Water <p>H Rice, vegetables with tofu cooked in worcestershire, pepper and garlic</p>	<p>Saos's with cheese slices vegemite Watermelon Milk</p>
<p><u>FRIDAY</u></p> <p>Lebanese Bread with Vegemite / Cheese spread Fruit Milk</p>	<ul style="list-style-type: none"> Italian Spaghetti Bolognese, carrot, peas (small shells pasta – Tappy's, Emily's Murray House, Nursery) Water <p>vegetables, lentils pureed tomato & pasta</p>	<p>Cornflake cookies Apples / oranges Milk</p>

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Week 4

MORNING TEA	LUNCH	AFTERNOON TEA
<p><u>MONDAY</u></p> <p>Toast Cheese slices Fruit Milk</p>	<ul style="list-style-type: none"> Singapore Noodles with mushrooms, broccoli, carrots, zucchini, celery and onions sautéed (separate) Grated parmesan cheese water <p>H Singapore Noodles as above</p>	<p>French onion Dip Bread sticks Apples / oranges Milk Milo</p>
<p><u>TUESDAY</u></p> <p>Fruit bread Plain bread for Rigby & JH babies with vegemite Fruit Milo milk</p>	<ul style="list-style-type: none"> Creamy chicken Soup: chicken thighs, carrots, celery, onion, pumpkin, creamed corn, chicken stock cream, parsley Rice noodles Water <p>Thick creamy corn & tofu soup, rice noodles.</p>	<p>Sandwiches, cheese, tomato Watermelon Milk</p>
<p><u>WEDNESDAY</u></p> <p>Muffins & Cheese Slices Fruit Milk</p>	<ul style="list-style-type: none"> Indian Rice with Lamb Casserole (pumpkin and cauliflower) mild curry Papadams – small – Robinson H, JH 2-5, Gorton & Murray House Beans chunks zucchini Water <p>H Vegetarian Casserole – pumpkin, cauliflower, potato, chick peas, spinach, vegetable stock, garlic, pepper, mild curry & rice</p>	<p>Yoghurt Banana, sprinkle cinnamon Milk</p>
<p><u>THURSDAY</u></p> <p>Lebanese bread with cheese spread / vegemite Fruit Milk</p>	<ul style="list-style-type: none"> Thai Fish Cakes (Tuna Potato, grated carrots & zucchini onion, parsley and garlic) Spinach Rice Bread and Butter Water <p>H Vegetarian fingers, mashed potato / lentils, parsley spinach rice</p>	<p>Shredded wheatmeal biscuits Mandarins / pears Milk</p>
<p><u>FRIDAY</u></p> <p>Toast & cheese spread Sultanas Milk</p>	<ul style="list-style-type: none"> Aussie BBQ Sausage Sizzle (Beef) Sliced Bread and Butter (Rigby / Emily's beef mince vegetables) Pineapple and Beetroot Slice Ice Cream Cones Water <p>H Vegetarian pattie: mashed sweet potato, & pumpkin, mashed 3 bean mix, serve cut into strips. Salad as above</p>	<p>Guacamole: blend avocado, tomato, red onion, garlic & lemon Turkish bread Apples / oranges Milk</p>

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