



SIX WEEK SEASONAL MENU

Free from Egg, Sesame, Tree Nuts

Week 1	MONDAY 29/06/26	TUESDAY 30/06/26	WEDNESDAY 01/07/26	THURSDAY 02/07/26	FRIDAY 03/07/26
Regular Textured Menu for 1-5 Years					
Morning Tea	Thick cut raisin bread	Blueberry wholemeal muffin slice	Wholemeal rice thins, chickpea hummus	Wholemeal apricot rock cakes	Cheese and vegemite fingers
Ingredients	TipTop Raisin Bread	Wholemeal flour, sugar, blueberries, canola oil, vinegar	Wholemeal rice thins, chickpeas, lemon, garlic, salt, canola oil, cumin	Wholemeal flour, sugar, canola oil, apricots	Wholemeal flour, yeast, salt, non dairy margarine, cheese, vegemite
Allergens	Contains: Gluten, wheat, soy	Contains: Gluten, wheat	Contains: Nil	Contains: Gluten, wheat	Contains: Gluten, wheat, barley, milk
Lunch Cuisine Style	Italy	Australia	India	USA	Mexico
Lunch	Spaghetti bolognese with, garden salad and garlic bread	Aussie style country chicken casserole with mash, peas and carrots	Lamb and spinach saagwala with basmati rice and steamed vegetables	Tuna macaroni cheese pasta bake and garden salad	Mild chilli con carne with Mexican rice and corn and vegetables
Ingredients	Spaghetti, beef mince, crushed tomato, garlic, onion, salad (tomato, lettuce, cucumber), TipTop garlic bread	Chicken, carrot, cauliflower, broccoli, peas, corn, crushed tomato, potato, Knorr mash potato mix, gluten free gravy	Lamb mince, basmati rice, garlic, onion, carrot, cauliflower, broccoli, spinach, mild curry powder	Wholemeal pasta, feta cheese, springwater tuna, onion, garlic, crushed tomato, canola oil, flour, milk, cheese, sweet potato, pumpkin, salad (tomato, lettuce, cucumber)	Beef mince, onion, crushed tomato, sweet paprika, cumin, corn, carrot, broccoli, brown rice
Allergens	Contains: Gluten, wheat, soy	Contains: Milk, soy, sulphites	Contains: Nil	Contains: Gluten, wheat, milk, fish	Contains: Nil
Vegetarian Mini Meals suggest serving raw vegetables and fruit high in vitamin C with non-meat meals i.e. oranges, rockmelon, tomato and capsicum to assist with the absorption of iron.	Spaghetti lentil bolognese with, garden salad and garlic bread	Aussie style country bean casserole with mash, peas and carrots	Tofu and spinach saagwala with basmati rice and steamed vegetables	Vegetarian Macaroni cheese pasta bake with mixed legumes and garden salad	Slow cooked spiced beans with Mexican rice and corn and vegetables
Ingredients	Spaghetti, red lentils, green lentils, crushed tomato, garlic, onion, salad (tomato, lettuce, cucumber), TipTop garlic bread	Green beans, yellow beans, carrot, cauliflower, broccoli, peas, corn, crushed tomato, potato, Knorr mash potato mix, gluten free gravy	Basmati rice, tofu, garlic, onion, carrot, cauliflower, broccoli, spinach, mild curry powder	Wholemeal pasta, feta cheese, cannellini beans, red kidney beans, lentil, split peas, onion, garlic, crushed tomato, canola oil, flour, milk, cheese, sweet potato, pumpkin, salad (tomato, lettuce, cucumber)	Cannellini beans, red kidney beans, onion, crushed tomato, sweet paprika, cumin, corn, carrot, broccoli, brown rice
Allergens	Contains: Gluten, wheat, soy	Contains: Milk, soy, sulphites	Contains: Soy	Contains: Gluten, wheat	Contains: Nil
Afternoon Tea	Oat and raisin cookies	Cucumber and yoghurt with flatbread	Cheese scones	Cheese and wholegrain crackers	Lemon chia slice
Ingredients	Wholemeal flour, sugar, raisins, oats, non dairy margarine	Wholemeal roti bread, yoghurt, cucumber	Wholemeal flour, cheese, canola oil	Salada wholemeal crackers, cheese	Wholemeal flour, sugar, canola oil, lemon, chia seeds
Allergens	Contains: Gluten, wheat, oats	Contains: Gluten, wheat, milk	Contains: Gluten, wheat, milk	Contains: Wheat, gluten, soy, barley, milk	Contains: Gluten, wheat
Milk is available as a beverage at morning tea and afternoon tea.					
Mash/Puree Menu for 6-12 Months					
Morning Tea	Creamy peach rice puree	Blueberry and apple puree with iron fortified rice cereal	Stewed apple and cinnamon tapioca puree	Apricot and pear puree with iron fortified rice cereal	Berry and apple porridge puree
Ingredients	Rice, peach	Blueberry, apple, iron fortified rice cereal	Tapioca, apple, cinnamon	Apricot, pear, iron fortified rice cereal	Berry, apple, oats
Allergens	Contains: Nil	Contains: Soy	Contains: Nil	Contains: Soy	Contains: Oats
Lunch Mashed/Puree	Beef, red lentil, wholemeal pasta, carrot, zucchini and green peas	Chicken, yellow split pea, rice, carrot, sweet potato, green peas	Beef, split peas, pearl barley, pumpkin, carrots and green beans	Chicken, yellow peas, rice, carrots, zucchini and broccoli	Beef, brown lentils, pearl cous cous, carrots, broccoli and sweet potato
Ingredients	Beef, red lentil, wholemeal pasta, carrot, zucchini, green peas	Chicken, yellow split pea, rice, carrot, sweet potato, green peas	Beef, split peas, pearl barley, pumpkin, carrots, green beans	Chicken, yellow peas, rice, carrots, zucchini, broccoli	Beef, brown lentils, pearl cous cous, carrots, broccoli, sweet potato
Allergens	Contains: Gluten, wheat	Contains: Nil	Contains: Barley, gluten	Contains: Nil	Contains: Gluten, wheat
Vegetarian Puree	Red lentil, wholemeal pasta, carrot, zucchini and green peas	Yellow split pea, rice, carrot, sweet potato and green peas	Split peas, pearl barley, pumpkin, carrots and green beans	Yellow split peas, rice, carrots, zucchini and broccoli	Brown lentils, pearl cous cous, sweet potato, carrots and broccoli
Ingredients	Red lentil, wholemeal pasta, carrot, zucchini, green peas	Yellow split pea, rice, carrot, sweet potato, green peas	Split peas, pearl barley, pumpkin, carrots, green beans	Yellow split peas, rice, carrots, zucchini, broccoli	Brown lentils, pearl cous cous, sweet potato, carrots, broccoli
Allergens	Contains: Gluten, wheat	Contains: Nil	Contains: Barley, gluten	Contains: Nil	Contains: Gluten, wheat
Afternoon Tea	Apple and apricot puree with iron fortified rice cereal	Pear and apple semolina puree	Mango and apricot puree with iron fortified rice cereal	Apple and cinnamon porridge puree	Pear and prune puree with iron fortified rice cereal
Ingredients	Apple, apricot, iron fortified rice cereal	Pear, apple, semolina	Mango, apricot and iron fortified rice cereal	Apple, cinnamon, oats	Pear, prunes, iron fortified rice cereal
Allergens	Contains: Soy	Contains: Gluten, wheat	Contains: Soy	Contains: Oats	Contains: Soy
Regular Textured Menu for 1-5 Years					
Week 2	MONDAY 6/7/26	TUESDAY 7/7/26	WEDNESDAY 8/7/26	THURSDAY 9/7/26	FRIDAY 10/7/26
Morning Tea	Anzac biscuits	Wholemeal orange cake	Pumpkin scones	Lebanese bread triangles with carrot hummus	Homemade cheese and spinach rolls
Ingredients	Wholemeal flour, non dairy margarine, sugar, oats, dessicated coconut, golden syrup	Wholemeal flour, sugar, orange, canola oil, vinegar	Wholemeal flour, sugar, pumpkin, canola oil	Wholemeal flour, yeast, chickpeas, carrots, lemon, garlic, salt, canola oil	Filo pastry, tasty cheese, spinach
Allergens	Contains: Gluten, wheat, oats, sulphites	Contains: Gluten, wheat	Contains: Gluten, wheat	Contains: Gluten, wheat	Contains: Gluten, wheat, milk
Lunch Cuisine Style	China	France	Greece	Portugal	Hungary
Lunch	Stir fried chicken and noodle chow mein with steamed Asian greens	Homemade beef rissoles with onion gravy, potato bake, steamed green beans and cauliflower	Lamb, spinach and feta cheese spanakopita pie with Greek salad	Oven baked fish with potato wedges and coleslaw	Beef goulash with brown rice, baby peas and roast pumpkin
Ingredients	Rice noodles, chicken, garlic, onion, beans, carrots, cauliflower, broccoli, bok choy, char siu (BBQ) sauce	Beef, beans, garlic, crushed tomato, potato, carrot, peas, cauliflower, chia seeds, garlic & herb spice, onion, gluten free gravy	Lamb, filo pastry, feta cheese, onion, garlic, spinach, canola oil, salad (tomato, cucumber, olives, lettuce)	Fish fillets, crushed tomato, onion, garlic, carrot, spinach, brown rice, potato wedges, coleslaw (red cabbage, white cabbage, carrot)	Beef, mushrooms, peas, onion, potato, crushed tomato, pumpkin, gluten free gravy, brown rice, sweet paprika
Allergens	Contains: Soy	Contains: Milk, soy	Contains: Wheat, gluten, milk	Contains: Fish, wheat, gluten	Contains: Milk, soy

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Vegetarian Mini Meals suggest serving raw vegetables and fruit high in vitamin C with non-meat meals i.e. oranges, rockmelon, tomato and capsicum to assist with the absorption of iron.	Stir fried tofu and noodle chow mein with steamed Asian greens	Homemade smashed chickpea and vegetable rissoles with onion gravy, potato bake, steamed green beans and cauliflower	Lentil, spinach and feta cheese spanakopita pie with Greek salad	Crispy oven baked split pea and vegetable patties with potato wedges and coleslaw	Butter bean goulash with brown rice, baby peas and roast pumpkin
Ingredients	Rice noodles, tofu , garlic, onion, beans, carrots, cauliflower, broccoli, bok choy, char siu (BBQ) sauce	Chickpea, beans, garlic, crushed tomato, potato, carrot, peas, cauliflower, chia seeds, garlic & herb spice, onion, gluten free gravy	Lentils, filo pastry , feta cheese , onion, garlic, spinach, canola oil, salad (tomato, cucumber, olives, lettuce)	Split peas, crushed tomato, onions, garlic, carrot, spinach, brown rice, potato wedges , coleslaw (red cabbage, white cabbage, carrot)	Butter beans, mushrooms, peas, onion, potato, crushed tomato, pumpkin, gluten free gravy , brown rice, sweet paprika
Allergens	Contains: Soy	Contains: Milk, soy	Contains: Wheat, gluten, milk	Contains: Wheat, gluten	Contains: Milk, soy
Afternoon Tea	Red bean cake	Tomato and cheese with crackers	Coconut biscuits	Wholemeal banana bread	Muesli cookies
Ingredients	Wholemeal flour , canola oil, vinegar, red kidney beans	Salada wholemeal crackers, cheese, tomato	Wholemeal flour , oats, desiccated coconut, non dairy margarine, sugar, canola oil	Wholemeal flour , banana, canola oil, vinegar, sugar	Wholemeal flour , oats, desiccated coconut, sultanas, sugar, non dairy margarine
Allergens	Contains: Gluten, wheat	Contains: Wheat, gluten, soy, barley, milk	Contains: Gluten, wheat, oats, sulphites	Contains: Gluten, wheat	Contains: Gluten, wheat, oats sulphites
Milk is available as a beverage at morning tea and afternoon tea.					
Mash/Puree Menu for 6-12 Months					
Morning Tea	Apple, peach and pear puree with iron fortified rice cereal	Mango and apricot porridge puree	Peach puree with iron fortified rice cereal	Apple and semolina puree	Apple and cinnamon puree with iron fortified rice cereal
Ingredients	Apple, peach, pear, iron fortified rice cereal	Mango, apricot, oats	Peach, plum, iron fortified rice cereal	Apple, rhubarb, semolina	Apple, cinnamon, iron fortified rice cereal
Allergens	Contains: Soy	Contains: Oats	Contains: Soy	Contains: Gluten, wheat	Contains: Soy
Lunch Mashed/Puree	Beef, red/brown lentil/green split peas, rice, carrots and cauliflower	Chicken, yellow split pea, wholemeal pasta, pumpkin, carrots and broccoli	Beef, green split peas, rice, pumpkin, zucchini and cauliflower	Chicken, yellow split peas, pearl barley, carrots, broccoli, and pumpkin	Beef, brown lentils, rice, carrots, broccoli and cauliflower
Ingredients	Beef, red/brown lentil, green split peas, rice, carrot, cauliflower	Chicken, yellow split pea, wholemeal pasta , pumpkin, carrots, broccoli	Beef, green split peas, rice, pumpkin, zucchini, cauliflower	Chicken, yellow split peas, pearl barley , carrots, broccoli, pumpkin	Beef, brown lentils, rice, carrots, broccoli, cauliflower
Allergens	Contains: Nil	Contains: Gluten, wheat	Contains: Nil	Contains: Barley, gluten	Contains: Nil
Vegetarian Puree	Red lentils, rice, carrot, cauliflower and zucchini	Yellow split peas, wholemeal pasta, pumpkin, carrots and broccoli	Green split peas, rice, pumpkin, zucchini and cauliflower	Yellow split peas, pearl barley, carrots, broccoli and pumpkin	Brown lentils, rice, carrots, broccoli and cauliflower
Ingredients	Red lentils, rice, carrot, cauliflower, zucchini	Yellow split peas, wholemeal pasta , pumpkin, carrots, broccoli	Green split peas, rice, pumpkin, zucchini, cauliflower	Yellow split peas, pearl barley , carrots, broccoli and cauliflower	Brown lentils, rice, carrots, broccoli and cauliflower
Allergens	Contains: Nil	Contains: Gluten, wheat	Contains: Nil	Contains: Barley, gluten	Contains: Nil
Afternoon Tea	Creamy apple rice puree	Apple and blueberry iron fortified rice cereal	Tapioca, pear and apple puree	Blueberry and pear iron fortified rice cereal	Pear and prune puree with iron fortified rice cereal
Ingredients	Apple, rice	Apple, blueberry, iron fortified rice cereal	Tapioca, pear, apple	Blueberry, pear, iron fortified rice cereal	Pear, prune, iron fortified rice cereal
Allergens	Contains: Nil	Contains: Soy	Contains: Nil	Contains: Soy	Contains: Soy
Week 3					
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	13/07/26	14/07/26	15/07/26	16/07/26	17/07/26
Regular Textured Menu for 1-5 Years					
Morning Tea	Date drop scones	Wholemeal weetbix slice	Wholemeal apple and cinnamon streusel	English muffin pizzas	Oat and quinoa fruit bars
Ingredients	Wholemeal flour , dates, canola oil	WeetBix , non dairy margarine, cocoa powder, dates, desiccated coconut	Wholemeal flour , sugar, apple, cinnamon, canola oil, vinegar	Wholemeal english muffins , cheese, tomato paste, garlic and herb spice	Wholemeal flour , oats, desiccated coconut, quinoa, sultanas, sugar, canola oil
Allergens	Contains: Gluten, wheat	Contains: Gluten, wheat, sulphites	Contains: Gluten, wheat	Contains: Gluten, wheat, soy, milk	Contains: Oats, gluten, wheat, sulphites
Lunch Cuisine Style	Thailand	United Kingdom	France	China	Italy
Lunch	Gai Yang - Thai BBQ chicken with vegetable fried rice	Shepherds pie topped with cheesy potato mash with vegetable medley	Provençal slow braised beef stew with couscous and pumpkin	Sweet n sour fish with vegetable fried rice	Slow cooked beef ragu with herbed pasta and mixed vegetables
Ingredients	Chicken, garlic, onion, basmati rice, carrot, cauliflower, broccoli, peas, char siu (BBQ) sauce	Beef, crushed tomato, carrot, beans, cauliflower, broccoli, onion, potato, Knorr mash potato mix, cheese	Beef, carrot, cauliflower, broccoli, peas, corn, potato, sweet potato, crushed tomato, pumpkin, cous cous	Fish , crushed tomato, onion, garlic, carrot, spinach, peas, beans, basmati rice, gluten free sweet and sour sauce	Beef, wholemeal pasta , onion, crushed tomato, green pea, cauliflower, carrot, green bean, corn, Italian mixed herbs
Allergens	Contains: Soy	Contains: Milk, soy	Contains: Gluten, wheat	Contains: Fish	Contains: Gluten, wheat
Vegetarian	Thai BBQ tofu with vegetable fried rice	Mixed bean pie topped with cheesy potato mash with vegetable medley	Provençal slow braised lentil cassoulet with couscous and pumpkin	Sweet n sour tofu with vegetable fried rice	Slow cooked lentil ragu with pasta and mixed vegetables
Ingredients	Tofu , garlic, onion, basmati rice, carrot, cauliflower, broccoli, peas, char siu (BBQ) sauce	Cannellini beans, red kidney beans, crushed tomato, carrot, beans, cauliflower, broccoli, onion, potato, Knorr mash potato mix, cheese	Lentils, carrot, cauliflower, broccoli, peas, corn, potato, sweet potato, crushed tomato, pumpkin, cous cous	Tofu , crushed tomato, onion, garlic, carrot, spinach, peas, beans, basmati rice, gluten free sweet and sour sauce	Lentils, wholemeal pasta , onion, crushed tomato, green pea, cauliflower, carrot, green bean, corn, Italian mixed herbs
Allergens	Contains: Soy	Contains: Milk, soy	Contains: Gluten, wheat	Contains: Soy	Contains: Gluten, wheat
Afternoon Tea	Vegemite and cheese saladas	Anzac cookies	Zucchini and carrot slice	Wholemeal pumpkin and cinnamon loaf	Cheese and savoury biscuits
Ingredients	Salada wholemeal crackers, Vegemite, cheese	Wholemeal flour , oats, desiccated coconut, non dairy margarine, sugar, golden syrup	Wholemeal flour , non dairy margarine, sugar, zucchini, carrot, canola oil, vinegar	Wholemeal flour , sugar, pumpkin, cinnamon, canola oil, vinegar	Salada wholemeal biscuits, cheese
Allergens	Contains: Gluten, wheat, soy, barley, milk	Contains: Gluten, wheat, oats, sulphites	Contains: Gluten, wheat	Contains: Gluten, wheat	Contains: Gluten, wheat, barley, soy, milk
Milk is available as a beverage at morning tea and afternoon tea.					
Mash/Puree Menu for 6-12 Months					
Morning Tea	Creamy peach rice puree	Apple and peach puree with iron fortified rice cereal	Peach and pear porridge puree	Pear and mango puree with iron fortified rice cereal	Creamy berry risotto puree
Ingredients	Peach, rice	Apple, peach, iron fortified rice cereal	Peach, pear, oats	Pear, mango, iron fortified rice cereal	Berry, rice
Allergens	Contains: Nil	Contains: Soy	Contains: Oats	Contains: Soy	Contains: Nil
Lunch Mashed /Puree	Beef, red lentil, pearl cous cous, carrot, broccoli and green peas	Chicken, yellow split peas, rice, pumpkin, carrot and broccoli	Beef, split peas, pearl barley, pumpkin, carrots, green beans and cauliflower	Chicken, yellow split peas, rice, carrots, zucchini and broccoli	Beef, brown lentils, wholemeal pasta, carrots, broccoli and pumpkin
Ingredients	Beef, red lentil, pearl cous cous , carrot, broccoli, green peas	Chicken, yellow split peas, rice, pumpkin, carrot, broccoli	Beef, split peas, pearl barley , pumpkin, carrots, green beans and cauliflower	Chicken, yellow split peas, rice, carrots, zucchini, broccoli	Beef, brown lentils, wholemeal pasta , carrots, broccoli, pumpkin
Allergens	Contains: Gluten, wheat	Contains: Nil	Contains: Barley, gluten	Contains: Nil	Contains: Gluten, wheat

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Vegetarian Puree	Red lentils, pearl cous cous, carrots, broccoli and green peas	Yellow split peas, rice, pumpkin, carrot and broccoli	Split peas, pearl barley, pumpkin, carrots, green beans and cauliflower	Yellow split peas, rice, carrots, zucchini and broccoli	Brown lentils, wholemeal pasta, carrots, broccoli and pumpkin
Ingredients	Red lentils, pearl cous cous , carrots, broccoli and green peas	Yellow split peas, rice, pumpkin, carrot and broccoli	Split peas, pearl barley , pumpkin, carrots, green beans and cauliflower	Yellow split peas, rice, carrots, zucchini, broccoli	Brown lentils, wholemeal pasta , carrots, broccoli and pumpkin
Allergens	Contains: Gluten, wheat	Contains: Nil	Contains: Barley, gluten	Contains: Nil	Contains: Gluten, wheat
Afternoon Tea	Apple, mango and pear puree with iron fortified rice cereal	Tapioca, apple and rhubarb puree	Blueberry puree with iron fortified rice cereal	Apple and cinnamon rice puree	Apple, pear and cinnamon iron fortified rice cereal
Ingredients	Apple, mango, pear, iron fortified rice cereal	Tapioca, apple, rhubarb	Blueberry, iron rice fortified cereal	Apple, cinnamon, rice	Apple, pear, cinnamon, iron fortified rice cereal
Allergens	Contains: Soy	Contains: Nil	Contains: Soy	Contains: Nil	Contains: Soy
Week 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	20/07/26	21/07/26	22/07/26	23/07/26	24/07/26
Regular Textured Menu for 1-5 Years					
Morning Tea	Scones with strawberry jam	Wholemeal banana Slice	Cranberry oat biscuits	Vegemite and cheese saladas	Crumpets with apricot jam
Ingredients	Wholemeal flour , raising agents, (450,500), salt, dextrose, sugar, strawberries, citric acid, pectin	Wholemeal flour , banana, sugar, canola oil, vinegar	Wholemeal flour , oats, cranberries, non dairy margarine, sugar, canola oil	Salada wholemeal crackers, Vegemite, cheese,	Wholemeal flour , raising agents, (450,500), salt, dextrose, sugar, apricots, citric acid, pectin
Allergens	Contains: Gluten, wheat	Contains: Gluten, wheat	Contains: Gluten, wheat, oats	Contains: Gluten, wheat, soy, barley, milk	Contains: Gluten, wheat
Lunch Cuisine Style	USA	China	Pakistan	Italy	Greece
Lunch	Meatloaf with mash, onion gravy, beans and carrots	Ginger poached fish with stir fried noodles and broccoli	Lamb keema matar with rice, naan bread and coleslaw	Chicken tossed with pasta in a roast pumpkin sauce with Greek salad	Greek beef pastitsio and garden salad
Ingredients	Beef mince, broccoli, carrots, peas, beans, onion, chia seeds, potato, Knorr mash potato mix, gluten free gravy	Fish, garlic & herb spice, crushed tomato, rice noodle, carrots, peas, broccoli, onion, GF soy sauce	Lamb, crushed tomato, onion, garlic, zucchini, beans, peas, cauliflower, mild curry powder, brown rice, Naan bread , coleslaw (red cabbage, green cabbage, carrot)	Chicken, wholemeal pasta , crushed tomato, onion, beans, pumpkin, broccoli, cauliflower, Knorr cream of pumpkin soup mix , salad (lettuce, tomato, cucumber, olives)	Wholemeal pasta, feta cheese , beef, onion, garlic, crushed tomato, canola oil, flour, non-dairy margarine, milk, cheese , sweet potato, pumpkin, salad (lettuce, tomato, cucumber)
Allergens	Contains: Milk, soy, sulphites	Contains: Fish, soy	Contains: Gluten, wheat	Contains: Gluten, wheat, milk	Contains: Gluten, wheat, milk
Vegetarian Mini Meals suggest serving raw vegetables and fruit high in vitamin C with non-meat meals i.e. oranges, rockmelon, tomato and capsicum to assist with the absorption of iron.	Lentil loaf with mash, onion gravy, beans and carrots	Ginger poached tofu with stir fried noodles and broccoli	Paneer keema matar with rice, naan bread and coleslaw	Pasta tossed in a cheese sauce with peas and broccoli and a Greek salad	Greek bean and vegetable pastitsio and garden salad
Ingredients	Lentils, broccoli, carrots, peas, beans, onion, chia seeds, potato, Knorr mash potato mix, gluten free gravy	Tofu , garlic & herb spice, crushed tomato, rice noodle, carrots, peas, broccoli, onion, GF soy sauce	Paneer , crushed tomato, onion, garlic, zucchini, beans, peas, cauliflower, mild curry powder, brown rice, Naan bread , coleslaw (red cabbage, green cabbage, carrot)	Wholemeal pasta , crushed tomato, onion, beans, pumpkin, broccoli, cauliflower, milk, cheese, Maggi bechamel sauce mix , salad (lettuce, tomato, cucumber, olives)	Wholemeal pasta, feta cheese , beans, onion, garlic, crushed tomato, canola oil, flour, non-dairy margarine, milk, cheese , sweet potato, pumpkin, salad (lettuce, tomato, cucumber)
Allergens	Contains: Milk, soy	Contains: Soy	Contains: Milk, gluten, wheat	Contains: Gluten, wheat, milk	Contains: Gluten, wheat, milk
Afternoon Tea	Coconut apricot slice	Cheese and corn bread	Cheese with wholegrain crackers	Apple crumble slice	Pineapple slice
Ingredients	Wholemeal flour , desiccated coconut, apricot, sugar, canola oil, vinegar	Wholemeal flour, cheese , corn, canola oil, vinegar	Salada wholemeal crackers, cheese	Wholemeal flour , oats, apple, sugar, canola oil, vinegar	Wholemeal flour , pineapple, sugar, canola oil, vinegar
Allergens	Contains: Gluten, wheat, sulphites	Contains: Gluten, wheat, milk	Contains: Wheat, gluten, soy, barley, milk	Contains: Gluten, wheat, oats	Contains: Gluten, wheat
Milk is available as a beverage at morning tea and afternoon tea.					
Mash/Puree Menu for 6-12 Months					
Morning Tea	Peach and mango puree with iron fortified rice cereal	Apple and plum tapioca puree	Pear puree with iron fortified rice cereal	Mango and peach rice puree	Peach, apricot and pear puree with iron fortified rice cereal
Ingredients	Peach, mango, iron fortified rice cereal	Apple, plum, tapioca	Pear, iron fortified rice cereal	Mango, peach, rice	Peach, apricot, pear, iron fortified rice cereal
Allergens	Contains: Soy	Contains: Nil	Contains: Soy	Contains: Nil	Contains: Soy
Lunch Mashed /Puree	Beef, red lentil, rice, carrot, zucchini and broccoli	Chicken, yellow split pea, pearl barley, carrots, pumpkin, green peas	Beef, green split peas, rice, pumpkin, carrots and broccoli	Chicken, yellow split peas, wholemeal pasta, broccoli and cauliflower	Beef, brown lentils, rice, carrots, zucchini and cauliflower
Ingredients	Beef, red lentil, rice, carrot, zucchini, broccoli	Chicken, yellow split pea, pearl barley , carrots, pumpkin, green peas	Beef, green split peas, rice, pumpkin, carrots, broccoli	Chicken, yellow split peas, wholemeal pasta , broccoli, cauliflower	Beef, brown lentils, rice, carrots, zucchini, cauliflower
Allergens	Contains: Nil	Contains: Barley, gluten	Contains: Nil	Contains: Gluten, wheat	Contains: Nil
Vegetarian Puree	Red lentil, rice, carrot, zucchini and broccoli	Yellow split pea, pearl barley, carrots, pumpkin, green peas	Green split peas, rice, pumpkin, carrots and broccoli	Yellow split peas, wholemeal pasta, broccoli and cauliflower	Brown lentils, rice, carrots, zucchini and cauliflower
Ingredients	Red lentil, rice, carrot, zucchini, broccoli	Yellow split pea, pearl barley , carrots, pumpkin, green peas	Green split peas, rice, pumpkin, carrots, broccoli	Yellow split peas, wholemeal pasta , broccoli, cauliflower	Brown lentils, rice, carrots, zucchini, cauliflower
Allergens	Contains: Nil	Contains: Barley, gluten	Contains: Nil	Contains: Gluten, wheat	Contains: Nil
Afternoon Tea	Creamy apple and blueberry risotto puree	Apricot and pear puree with iron fortified rice cereal	Apple and cinnamon porridge puree	Mango and apricot puree with iron fortified rice cereal	Apple and mango semolina puree
Ingredients	Apple, blueberry, rice	Apricot, pear, iron fortified rice cereal	Apple, cinnamon, oats	Mango, apricot, iron fortified rice cereal	Apple, mango, semolina
Allergens	Contains: Nil	Contains: Soy	Contains: Oats	Contains: Soy	Contains: Gluten, wheat
Week 5	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	27/07/26	28/07/26	29/07/26	30/07/26	31/07/26
Regular Textured Menu for 1-5 Years					
Morning Tea	Cheesy broccoli muffins	Pumpkin and herb muffins	Lemon wholemeal shortbread	Savoury scones with tomato and herbs	Ginger cake
Ingredients	Wholemeal flour, cheese , sugar, canola oil, broccoli	Wholemeal flour , canola oil, pumpkin, mixed dried herbs	Wholemeal flour , non-dairy margarine, sugar, lemon	Wholemeal flour , canola oil, tomato, dried oregano	Wholemeal flour , sugar, canola oil, ginger
Allergens	Contains: Gluten, wheat, milk	Contains: Gluten, wheat	Contains: Gluten, wheat	Contains: Gluten, wheat	Contains: Gluten, wheat
Lunch Cuisine Style	Morocco	China	Russia	United States of America	India



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Lunch	Chicken and vegetable tagine with lemon infused couscous, peas and carrots	Mongolian lamb with noodles and stir fry vegetables	Beef stroganoff with rice, baby peas and roast pumpkin	Tuna and chive pasta bake with garden salad	Mild sweet beef and vegetable curry with basmati rice
Ingredients	Chicken, carrot, onion, peas, mild curry powder, cous cous , lemon juice	Lamb, rice noodle, broccoli, cauliflower, beans, onion, carrot, Mongolian sauce	Beef, mushroom, gluten free gravy , brown rice, peas, pumpkin, sweet paprika, dried mixed herbs Sour cream served on the side	Springwater tuna, wholemeal pasta, Maggi bechamel sauce mix , salad (lettuce, tomato, cucumber)	Beef, crushed tomato, carrot, beans, onion, sweet potato, broccoli, cauliflower, mild curry powder, basmati rice
Allergens	Contains: Gluten, wheat	Contains: Soy	Contains: Milk, soy	Contains: Fish, gluten, wheat, milk	Contains: Nil
Vegetarian Mini Meals suggest serving raw vegetables and fruit high in vitamin C with non-meat meals i.e. oranges, rockmelon, tomato and capsicum to assist with the absorption of iron.	Lentil and vegetable tagine with lemon infused couscous, peas and carrots	Mongolian tofu with noodles and stir fry vegetables	White bean stroganoff with rice, baby peas and roast pumpkin	Pumpkin, spinach and ricotta pasta bake with garden salad	Mild sweet chickpea and vegetable curry with basmati rice
Ingredients	Lentils, carrot, onion, peas, mild curry powder, cous cous , lemon juice	Tofu , rice noodle, broccoli, cauliflower, beans, onion, carrot, Mongolian sauce	White beans, mushroom, gluten free gravy , brown rice, peas, pumpkin, sweet paprika, dried mixed herbs Sour cream served on the side	Pumpkin, Knorr cream of pumpkin soup mix , spinach, ricotta, wholemeal pasta , salad (lettuce, cucumber, tomato)	Chickpeas, crushed tomato, carrot, beans, onions, sweet potato, broccoli, cauliflower, mild curry powder, basmati rice
Allergens	Contains: Gluten, wheat	Contains: Soy	Contains: Milk, soy	Contains: Gluten, wheat, milk	Contains: Nil
Afternoon Tea	Blueberry yoghurt loaf	Orange infused Madeira cake	Crackers and dips	Apple and spice wholemeal teacake	Carrot and sultana muffins
Ingredients	Wholemeal flour , sugar, blueberry, yoghurt , canola oil, vinegar	Wholemeal flour , orange, canola oil	Rice crackers , yoghurt , cucumber	Wholemeal flour , sugar, canola oil, vinegar, apple, cinnamon	Wholemeal flour , sugar, carrot, sultanas, canola oil, vinegar
Allergens	Contains: Gluten, wheat, milk	Contains: Gluten, wheat	Contains: Milk, soy	Contains: Gluten, wheat	Contains: Gluten, wheat
Milk is available as a beverage at morning tea and afternoon tea.					
Mash/Puree Menu for 6-12 Months					
Morning Tea	Creamy peach rice puree	Blueberry and apple puree with iron fortified rice cereal	Stewed apple and cinnamon tapioca puree	Apricot and pear puree with iron fortified rice cereal	Berry and apple porridge puree
Ingredients	Rice, peach	Blueberry, apple, iron fortified rice cereal	Tapioca, apple, cinnamon	Apricot, pear, iron fortified rice cereal	Berry, apple, oats
Allergens	Contains: Nil	Contains: Soy	Contains: Nil	Contains: Soy	Contains: Oats
Lunch Mashed /Puree	Beef, red lentil, wholemeal pasta, carrot, zucchini and green peas	Chicken, yellow split pea, rice, carrot, sweet potato, green peas	Beef, split peas, pearl barley, pumpkin, carrots and green beans	Chicken, yellow peas, rice, carrots, zucchini and broccoli	Beef, brown lentils, pearl cous cous, carrots, broccoli and sweet potato
Ingredients	Beef, red lentil, wholemeal pasta , carrot, zucchini, green peas	Chicken, yellow split pea, rice, carrot, sweet potato, green peas	Beef, split peas, pearl barley , pumpkin, carrots, green beans	Chicken, yellow peas, rice, carrots, zucchini, broccoli	Beef, brown lentils, pearl cous cous , carrots, broccoli, sweet potato
Allergens	Contains: Gluten, wheat	Contains: Nil	Contains: Barley, gluten	Contains: Nil	Contains: Gluten, wheat
Vegetarian Puree	Red lentil, wholemeal pasta, carrot, zucchini and green peas	Yellow split pea, rice, carrot, sweet potato and green peas	Split peas, pearl barley, pumpkin, carrots and green beans	Yellow split peas, rice, carrots, zucchini and broccoli	Brown lentils, pearl cous cous, sweet potato, carrots and broccoli
Ingredients	Red lentil, wholemeal pasta , carrot, zucchini, green peas	Yellow split pea, rice, carrot, sweet potato, green peas	Split peas, pearl barley , pumpkin, carrots, green beans	Yellow split peas, rice, carrots, zucchini and broccoli	Brown lentils, pearl cous cous , sweet potato, carrots and broccoli
Allergens	Contains: Gluten, wheat	Contains: Nil	Contains: Barley, gluten	Contains: Nil	Contains: Gluten, wheat
Afternoon Tea	Apple and apricot puree with iron fortified rice cereal	Pear and apple semolina puree	Mango and apricot puree with iron fortified rice cereal	Apple and cinnamon porridge puree	Pear and prune puree with iron fortified rice cereal
Ingredients	Apple, apricot, iron fortified rice cereal	Pear, apple, semolina	Mango, apricot, iron fortified rice cereal	Apple, cinnamon, oats	Pear, prune, iron fortified rice cereal
Allergens	Contains: Soy	Contains: Gluten, wheat	Contains: Soy	Contains: Oats	Contains: Soy
Week 6					
	MONDAY 3/8/26	TUESDAY 4/8/26	WEDNESDAY 5/8/26	THURSDAY 6/8/26	FRIDAY 7/8/26
Regular Textured Menu for 1-5 Years					
Morning Tea	Wholemeal sultana cake	Zucchini and carrot slice	Cornflake cookies	Pumpkin and cheese wholemeal muffins	Cinnamon spiced cookies
Ingredients	Wholemeal flour , sultana, canola oil, vinegar	Wholemeal flour , sugar, carrot, zucchini, canola oil, vinegar	Wholemeal flour , non dairy margarine, sugar, cornflakes	Wholemeal flour , cheese , sugar, pumpkin, canola oil, vinegar	Wholemeal flour , non dairy margarine, sugar, cinnamon
Allergens	Contains: Gluten, wheat	Contains: Gluten, wheat	Contains: Gluten, barley	Contains: Gluten, wheat, milk	Contains: Gluten, wheat
Lunch Cuisine Style	Greece	Hong Kong	Ireland	Thailand	Australia
Lunch	Beef moussaka with lemon potatoes and Greek salad	Stir fried chicken Singapore noodles with steamed Asian greens	Irish lamb stew with potato bake, steamed broccoli and cauliflower	Coconut and lime grilled fish served with special fried rice	Savoury beef mince with mashed potato and mixed vegetables
Ingredients	Potato, lemon, feta cheese , beef, onion, garlic, crushed tomato, canola oil, Maggi bechamel sauce mix , sweet potato, pumpkin, carrot, broccoli, salad (lettuce, tomato, cucumber, olives)	Rice noodles, chicken, garlic, onion, bok choy, beans, carrot, cauliflower, char siu (BBQ) sauce	Lamb, potato, broccoli, cauliflower, garlic & herb spice, gluten free gravy	Fish , garlic and herb spice, crushed tomato, brown rice, carrot, peas, broccoli, onion, peas, coconut cream, desiccated coconut , lime/lemon juice	Peas, carrot, beef, garlic, onion, broccoli, cauliflower, crushed tomato, green beans, corn, potato, Knorr mash potato mix
Allergens	Contains: Milk	Contains: Soy	Contains: Milk, soy	Contains: Fish, sulphites	Contains: Milk, sulphites
Vegetarian Mini Meals suggest serving raw vegetables and fruit high in vitamin C with non-meat meals i.e. oranges, rockmelon, tomato and capsicum to assist with the absorption of iron.	Bean and vegetable moussaka with lemon potatoes and Greek salad	Stir fried tofu Singapore noodles with steamed Asian greens	Irish legume stew with potato bake, steamed broccoli and cauliflower	Coconut and lime grilled tofu served with special fried rice	Savoury lentil mince with mashed potato and mixed vegetables



SIX WEEK SEASONAL MENU

Ingredients	Beans, lemon, feta cheese , beef, onion, garlic, crushed tomato, canola oil, Maggi bechamel sauce mix , sweet potato, pumpkin, carrot, broccoli, salad (lettuce, tomato, cucumber, olives)	Rice noodles, tofu , garlic, onion, bok choy, beans, carrot, cauliflower, char siu (BBQ) sauce	Split peas, lentils, potato, broccoli, cauliflower, garlic & herb spice, tomato pizza sauce	Tofu , garlic & herb spice, crushed tomato, brown rice, carrot, peas, broccoli, onion, peas, coconut cream, desiccated coconut , lime/lemon juice	Peas, carrot, lentils, garlic, onion, broccoli, cauliflower, crushed tomato, green beans, corn, potato, Knorr mash potato mix
Allergens	Contains: Milk	Contains: Soy	Contains: Nil	Contains: Soy, sulphites	Contains: Milk, sulphites
Afternoon Tea	Wholemeal cheesy vegetable slice	Brown sugar shortbread	Wholemeal spinach and feta scones	Wholemeal gingerbread cookies	Cheese and vegemite wholemeal sandwiches
Ingredients	Wholemeal flour , cheese, canola oil, vinegar, peas, cauliflower, carrots, green beans, corn	Wholemeal flour , non dairy margarine, sugar	Wholemeal flour , feta cheese , spinach, non dairy margarine	Wholemeal flour , non-dairy margarine, sugar, ginger	Wholemeal bread , cheese, vegemite, non dairy margarine
Allergens	Contains: Gluten, wheat, milk	Contains: Gluten, wheat	Contains: Gluten, wheat, milk	Contains: Gluten, wheat	Contains: Gluten, wheat, soy, milk, barley
	Milk is available as a beverage at morning tea and afternoon tea.				
	Mash/Puree Menu for 6-12 Months				
Morning Tea	Apple, peach and pear puree with iron fortified rice cereal	Mango and apricot porridge puree	Peach puree with iron fortified rice cereal	Apple and semolina puree	Apple and cinnamon puree with iron fortified rice cereal
Ingredients	Apple, peach, pear, iron fortified rice cereal	Mango, apricot, oats	Peach, iron fortified rice cereal	Apple, semolina	Apple, cinnamon, iron fortified rice cereal
Allergens	Contains: Soy	Contains: Oats	Contains: Soy	Contains: Gluten, wheat	Contains: Soy
Lunch Mashed/Puree	Beef, red/brown lentil/green split peas, rice, carrots and cauliflower	Chicken, yellow split pea, wholemeal pasta, pumpkin, carrots and broccoli	Beef, green split peas, rice, pumpkin, zucchini and cauliflower	Chicken, yellow split peas, pearl barley, carrots, broccoli, and pumpkin	Beef, brown lentils, rice, carrots, broccoli and cauliflower
Ingredients	Beef, red/brown lentil, green split peas, rice, carrots, cauliflower	Chicken, yellow split pea, wholemeal pasta , pumpkin, carrots, broccoli	Beef, green split peas, rice, pumpkin, zucchini, cauliflower	Chicken, yellow split peas, pearl barley , carrots, broccoli, pumpkin	Beef, brown lentils, rice, carrots, broccoli, cauliflower
Allergens	Contains: Nil	Contains: Gluten, wheat	Contains: Nil	Contains: Barley, gluten	Contains: Nil
Vegetarian Puree	Red lentils, rice, carrot, cauliflower and zucchini	Yellow split peas, wholemeal pasta, pumpkin, carrots and broccoli	Green split peas, rice, pumpkin, zucchini and cauliflower	Yellow split peas, pearl barley, carrots, broccoli and pumpkin	Brown lentils, rice, carrots, broccoli and cauliflower
Ingredients	Red lentils, rice, carrot, cauliflower, zucchini	Yellow split peas, wholemeal pasta , pumpkin, carrots and broccoli	Green split peas, rice, pumpkin, zucchini, cauliflower	Yellow split peas, pearl barley , carrots, broccoli, pumpkin	Brown lentils, rice, carrots, broccoli, cauliflower
Allergens	Contains: Nil	Contains: Gluten, wheat	Contains: Nil	Contains: Barley, gluten	Contains: Nil
Afternoon Tea	Creamy apple rice puree	Apple and blueberry iron fortified rice cereal	Tapioca pear and apple puree	Blueberry and pear iron fortified rice cereal	Pear and prune puree with iron fortified rice cereal
Ingredients	Rice, apple	Apple, blueberry, iron fortified rice cereal	Tapioca, pear, apple	Blueberry, pear, iron fortified rice cereal	Pear, prune, iron fortified rice cereal
Allergens	Contains: Nil	Contains: Soy	Contains: Nil	Contains: Soy	Contains: Soy