

Nightcliff Family Centre

WEEK 1		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food	Chickpeas and Sweet Potato Patties Sweet potato, chickpeas, wholemeal flour, cheese/non-dairy cheese, milk, Nuttelex	Fresh fruit platter, (Oranges, bananas, watermelon, apples, pears)	Ham/cheese Pastries Puff pastry, ham, cheese/non-dairy cheese, Nuttelex	Fresh fruit platter, (Oranges, bananas, watermelon, apples, pears)	Mini quiche Eggs, cheese, Ham and Mushrooms Option: Toast with vegemite
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Greek Lamb Meatballs with Risoni & veggies</u> Lamb mince, parsley, eggs, onions, rice milk, breadcrumbs, tomato puree, mixed vegetables, risoni Option: Plant-based mince	<u>Vegetarian Indonesian Fried vegetarian noodles</u> Noodles, mixed vegetables, onion, tomatoes, light soy sauce, eggs.	<u>British beef casserole with Rice</u> Beef steak diced, onions, tomatoes, carrots, potatoes, celery, rice. Option: Beans casserole	<u>Spanish Arroz con Pollo / Paella</u> Chicken breast, long grain rice, mixed vegetables, celery, tomato paste. Onions. Option: Vegetarian Paella with beans	<u>American Popcorn chicken with mashed potato and corn cobs</u> Chicken breast, breadcrumbs, corn cobs, potatoes, rice milk. Option: Popcorn Tofu
		Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water	Water	Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water	Water	Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water
AFTERNOON TEA	Food	Yogurt & fruit Yogurt, frozen fruit Option: Non-dairy yogurt	Rice cakes with assorted spreads Rice cakes, cheese, vegemite, Nuttelex	Dried Fruit Dried fruit (sultanas, apricots, banana chips, apple) cheese Cuddly Koalas room Porridge, oats, rice milk, brown sugar	Toasted raisin bread with Nuttelex Raising bread, Nuttelex	Banana and oats cake Bananas, milk/rice milk, self-rising flour, oats, vanilla essence, Nuttelex
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Infants (eating solids)		Foods are an appropriate texture and quantity for children's age. For dairy-intolerant children, the menu will include rice milk and non-dairy cheese for them.				
Allergies		Children with allergies and or food intolerances are provided a tailored version of the regular menu to suit their individual needs				

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WEEK 2		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food	Magic Wheels Wholemeal SF flour, Nuttelex, rice milk, baked beans, cheese.	Fresh fruit platter, (Oranges, bananas, watermelon, apples, pears)	Yogurt with cereal Low-fat yogurt, rice bubbles/cornflakes Option: Rice milk/Non-dairy yogurt	Fresh fruit platter, (Oranges, bananas, watermelon, apples, pears)	Banana Muffins Wholemeal flour, eggs, milk, bananas, brown sugar
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Middle East Moroccan chicken with veggies & cous cous</u> Chicken thigh, cous cous, onions, veggies, tomatoes, Moroccan seasoning. Option: Moroccan Veggies with cous cous and butter beans.	<u>Italian Spaghetti Bolognese</u> Beef mince, tomatoes, carrots, tomato paste, garlic, oregano, Onions, cheese, Spaghetti Option: Plant-based mince	<u>Vegetarian Chinese Fried Rice with eggs</u> Jazmin rice, veggies, eggs, light soy sauce, onions, celery	<u>Darwin Laksa with Chicken Soup</u> Chicken thigh, leek, carrots, potato, onion, celery, noodles, chicken stock. Option: Tofu and potato noodle soup	<u>Malaysian Fish Curry with Rice</u> Fish, coconut cream, potatoes, carrots, curry powder. Jazmin rice. Option: Plant-based curry
		Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water	Water	Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water	Water	Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water
AFTERNOON TEA	Food	Carrot Muffins Wholemeal flour, milk, carrots, brown sugar, cinnamon, vanilla essence and Nuttelex	Apple Puff Apple, brown sugar, cinnamon, puff pastry, Nuttelex	Cruskits with spreads Cruskits, Nuttelex, vegemite, sliced cheese Cuddly Koalas room Rice cakes	Veggies Plater Cucumber sticks, carrot sticks, Celery sticks, Hummus and cheese cubes Cuddly Koalas room Rice Puddin, rice, milk, Sultanas	Cheese Pumpkin Scones Wholemeal SF flour, milk, Nuttelex, pumpkin, cheese.
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Infants (eating solids)		Foods are an appropriate texture and quantity for children's age. For dairy-intolerant children, the menu will include rice milk and non-dairy cheese for them.				
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WEEK 3		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food	Pear Muffins Pears, wholemeal SR flour, brown sugar, milk	Fresh fruit platter, (Oranges, bananas, watermelon, apples, pears)	Cheesy Zucchini scones Wholemeal SR flour, Nuttelex, zucchini, cheese, milk	Fresh fruit platter, (Oranges, bananas, watermelon, apples, pears)	Vegetable omelette Eggs, cheese, carrots, baby spinach, Milk
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	<u>Swedish Meatball with Pasta</u> Beef & Pork mince, parsley, basil, Onions, shell pasta, sour cream Option: Plant-based mince	<u>Australian Crumbed Fish with Veggies and potato wedges</u> Fish, breadcrumbs, potato wedges, veggies, milk, vegetable oil. Option: Crumbed tofu	<u>Indian Chicken Curry with Rice</u> Chicken thigh, coconut cream, potatoes, carrots, curry powder. basmati rice. Option: Butter beans	Vegetarian <u>Italian Vegetable Lasagne</u> Mushrooms, cheese, onions, lasagne sheets, Béchamel sauce, garlic, spinach, celery	<u>Australian Roast Chicken wings with rice and veggies</u> Chicken wings, mixed vegetables, and medium-grain rice Option: Plant-based chicken
		Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water	Water	Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water	Water	Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water
AFTERNOON TEA	Food	Yogurt & fruit Yogurt, frozen fruit Option: Non-dairy yogurt Cuddly Koalas room Yogurt	Rice cakes with assorted spreads Rice cakes, cheese, vegemite, Nuttelex	Toasted raisin bread with Nuttelex Raising bread, Nuttelex	Dried Fruit Dried fruit (sultanas, apricots, banana chips, apple) cheese Cuddly Koalas room Porridge, oats, milk, brown sugar	Banana and oats cake Bananas, milk, self-rising flour, oats, Nuttelex.
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Infants (eating solids)		Foods are an appropriate texture and quantity for children's age. For dairy-intolerant children, the menu will include rice milk and non-dairy cheese for them.				
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WEEK 4		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Food	Scrambled eggs on toast Eggs, milk, wholemeal bread, Nuttelex, parsley, cheese	Fresh fruit platter, (Oranges, bananas, watermelon, apples, pears)	Corn Patties Corn kernels, Wholemeal flour, Nuttelex, cheese, milk	Fresh fruit platter, (Oranges, bananas, watermelon, apples, pears)	Fruit Smoothie Mango, banana, blueberries, milk, yogurt
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
LUNCH	Food (include ingredient details)	Vegetarian Sri Lankan Veggie Curry with Rice Potatoes, carrots, sweet potato, pumpkin, coconut cream, celery, curry powder. Jazmin rice.	Italian Chicken pasta bake Penne pasta, pulled chicken breast, veggies, tomato paste, cheese Option: Vegetarian Pasta	Australian Roast lamb/beef with mashed potato and green peas Lamb, potatoes, milk, Nuttelex, green peas. Option: Plant-based beef	Indian Lentil chicken & Farfalle pasta Lentils, chicken thigh, tomato puree, onion, garlic, mushroom, Farfalle pasta Option: Vegetarian Lentil pasta	British Gourmet sandwiches Wholemeal bread, cheese, tomato, eggs, lettuce, cucumber, Nuttelex, vegemite, ham, chicken deli Option: Veg. Cheese and tomato sandwiches
		Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water	Water	Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water	Water	Fruit plate (Oranges, bananas, watermelon, apples, pears) and Water
AFTERNOON TEA	Food	Carrot Muffins Wholemeal flour, milk, carrots, brown sugar, cinnamon, Nuttelex, vanilla essence	Apple Puff Apple, brown sugar, cinnamon, puff pastry, Nuttelex	Cruskits with spreads Cruskits, Nuttelex, vegemite, sliced cheese Cuddly Koalas room Rice cakes	Cheese Pumpkin Scones Wholemeal SF flour, milk, Nuttelex, pumpkin, cheese.	Veggies Plater Cucumber sticks, carrot sticks, Celery sticks, Hummus and cheese cubes Cuddly Koalas room Rice Puddin, rice, milk, Sultanas
	Drink	Milk and water	Milk and water	Milk and water	Milk and water	Milk and water
Infants (eating solids)		Foods are an appropriate texture and quantity for children's age. For dairy-intolerant children, the menu will include rice milk and non-dairy cheese for them.				
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