



# PLAYMATES COTTAGE

Menu for the week of 05.08.2019 – 09.08.2019

		MONDAY 5 <sup>th</sup> August	TUESDAY 6 <sup>th</sup> August	WEDNESDAY 7 <sup>th</sup> August	THURSDAY 8 <sup>th</sup> August	FRIDAY 9 <sup>th</sup> August
BREAKFAST		Choose from: Cereals (rice bubbles, corn flakes, wheat biscuits) served with milk or milk alternatives, wholemeal toast with healthy toppings, fruit				
MORNING TEA	Food	Cruskits and toppings (Cream cheese, tomato), Fresh Fruit	Rainbow Platter (a mix of seasonal fresh fruit and veg), wholegrain crackers & hummus	½ Toasted wholemeal English muffin with tomato and cheese, Fruit	Rice cake and toppings (Cream cheese, tomato, cucumber)	Fruit salad and yogurt
	Drink	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH	Food	<b>Zucchini Slice</b> (zucchini, onion, ham, cheese, self-raising flour, corn, peas, egg) OR <b>Hidden Veg Sausage Rolls</b> (zucchini, carrot, garlic, chicken mince, puff pastry) <b>and yogurt</b> OR <b>Sandwich, Fruit &amp; Yogurt</b>	<b>Zucchini Slice</b> (zucchini, onion, ham, cheese, self-raising flour, corn, peas, egg) OR <b>Hidden Veg Sausage Rolls</b> (zucchini, carrot, garlic, chicken mince, puff pastry) <b>and yogurt</b> OR <b>Sandwich, Fruit and Yogurt</b>	<b>Zucchini Slice</b> (zucchini, onion, ham, cheese, self-raising flour, corn, peas, egg) OR <b>Hidden Veg Sausage Rolls</b> (zucchini, carrot, garlic, chicken mince, puff pastry) <b>and yogurt</b> OR <b>Sandwich, Fruit and Yogurt</b>	<b>Zucchini Slice</b> (zucchini, onion, ham, cheese, self-raising flour, corn, peas, egg) OR <b>Hidden Veg Sausage Rolls</b> (zucchini, carrot, garlic, chicken mince, puff pastry) <b>and yogurt</b> OR <b>Sandwich, Fruit and Yogurt</b>	<b>Zucchini Slice</b> (zucchini, onion, ham, cheese, self-raising flour, corn, peas, egg) OR <b>Hidden Veg Sausage Rolls</b> (zucchini, carrot, garlic, chicken mince, puff pastry) <b>and yogurt</b> OR <b>Sandwich, Fruit and Yogurt</b>
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Yogurt and Berry cups with muesli.	Carrot, Banana and Sultana Muffins	Rainbow Platter (a mix of seasonal fresh fruit and veg), wholegrain crackers and cheese	KANGAROOS CHOICE	Scrumptious date and banana loaf Fruit
	Drink	Water	Water	Water	Water	Water
LATE SNACK		Choose from wholegrain crackers and cheese, fresh fruit and vegetables, allergy friendly muffins and slice (when available) served with water				
Water		Water is freely available throughout the day				
Infants (eating solids)		A variety of foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans), fruit, vegetables, grains and milk products or milk alternatives. Foods are and appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				
Allergies and dietary requirements		We endeavour to meet allergy and dietary requirements through inclusive menu planning that offers allergy friendly options as well as options to accommodate cultural customs.				



# PLAYMATES COTTAGE

## Menu for the week of 12.08.2019 – 16.08.2019

		MONDAY 12 <sup>th</sup> August	TUESDAY 13 <sup>th</sup> August	WEDNESDAY 14 <sup>th</sup> August	THURSDAY 15 <sup>th</sup> August	FRIDAY 16 <sup>th</sup> August
BREAKFAST		Choose from: Cereals (rice bubbles, corn flakes, wheat biscuits) served with milk or milk alternatives, wholemeal toast with healthy toppings, fruit				
MORNING TEA	Food	Raison Toast and Fruit	Mini pizza rounds (English muffins, pizza sauce, cheese, vegetables)	Cruskits with healthy toppings Fruit	Fruit salad and yogurt	Rice cake and toppings (Cream cheese, tomato, cucumber)
	Drink	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH	Food	<b>Gluten Free Macaroni Cheese and Vegetables</b> OR <b>Cheesy Mite Scrolls and yogurt</b> OR <b>Sandwich, Fruit and Yogurt</b>	<b>Gluten Free Macaroni Cheese and Vegetables</b> OR <b>Cheesy Mite Scrolls and yogurt</b> OR <b>Sandwich, Fruit and Yogurt</b>	<b>Gluten Free Macaroni Cheese and Vegetables</b> OR <b>Cheesy Mite Scrolls and yogurt</b> OR <b>Sandwich, Fruit and Yogurt</b>	<b>Gluten Free Macaroni Cheese and Vegetables</b> OR <b>Cheesy Mite Scrolls and yogurt</b> OR <b>Sandwich, Fruit and Yogurt</b>	<b>Gluten Free Macaroni Cheese and Vegetables</b> OR <b>Cheesy Mite Scrolls and yogurt</b> OR <b>Sandwich, Fruit and Yogurt</b>
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Yoghurt and Berry cups with muesli.	Rainbow Platter (a mix of seasonal fresh fruit and veg)	Blueberry Muffins	Pumpkin Scones	KOALAS CHOICE
	Drink	Water	Water	Water	Water	Water
LATE SNACK		Choose from wholegrain crackers and cheese, fresh fruit and vegetables, allergy friendly muffins and slice (when available) served with water				
Water		Water is freely available throughout the day				
Infants (eating solids)		A variety of foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans), fruit, vegetables, grains and milk products or milk alternatives. Foods are and appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				
Allergies and dietary requirements		We endeavour to meet allergy and dietary requirements through inclusive menu planning that offers allergy friendly options as well as options to accommodate cultural customs.				

		MONDAY 19 <sup>th</sup> August	TUESDAY 20 <sup>th</sup> August	WEDNESDAY 21 <sup>st</sup> August	THURSDAY 22 <sup>nd</sup> August	FRIDAY 23 <sup>rd</sup> August
BREAKFAST		Choose from: Cereals (rice bubbles, corn flakes, wheat biscuits) served with milk or milk alternatives, wholemeal toast with healthy toppings, fruit				
MORNING TEA	Food	Cruskits and Toppings fruit	yoghurt and muesli cups	Rice cake and toppings (Cream cheese, tomato, cucumber	Rainbow Platter (a mix of seasonal fresh fruit and veg), wholegrain crackers and cheese	½ Toasted wholemeal English muffin with tomato and cheese, Fruit
	Drink	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH	Food	<b>Apricot Chicken</b> (chicken, rolled oats, apricot nectar, vegetables, stock, wholemeal pasta, French onion soup) OR <b>Fish Fingers with Vegetables</b> OR <b>Sandwich and Yogurt</b>	<b>Apricot Chicken</b> (chicken, rolled oats, apricot nectar, vegetables, stock, wholemeal pasta, French onion soup) OR <b>Fish Fingers with Vegetables</b> OR <b>Sandwich and Yogurt</b>	<b>Apricot Chicken</b> (chicken, rolled oats, apricot nectar, vegetables, stock, wholemeal pasta, French onion soup) OR <b>Fish Fingers with Vegetables</b> OR <b>Sandwich and Yogurt</b>	<b>Apricot Chicken</b> (chicken, rolled oats, apricot nectar, vegetables, stock, wholemeal pasta, French onion soup) OR <b>Fish Fingers with Vegetables</b> OR <b>Sandwich and Yogurt</b>	<b>Apricot Chicken</b> (chicken, rolled oats, apricot nectar, vegetables, stock, wholemeal pasta, French onion soup) OR <b>Fish Fingers with Vegetables</b> OR <b>Sandwich and Yogurt</b>
	Drink	Water	Water	Water	Water	Water
AFTERNOON	Food	CROCODILES CHOICE	Toasted pita chips with beetroot dip and vegetable sticks	Apricot and banana muffins	fruit and Custard cups	Rainbow Platter (a mix of seasonal fresh fruit and veg), wholegrain crackers and cheese
	Drink	Water	Water	Water	Water	Water
LATE SNACK		Choose from wholegrain crackers and cheese, fresh fruit and vegetables, allergy friendly muffins and slice (when available) served with water				
Water		Water is freely available throughout the day				
Infants (eating solids)		A variety of foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans), fruit, vegetables, grains and milk products or milk alternatives. Foods are and appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				
Allergies and dietary requirements		We endeavour to meet allergy and dietary requirements through inclusive menu planning that offers allergy friendly options as well as options to accommodate cultural customs.				



# PLAYMATES COTTAGE

Menu for the week of 26.08.2019 – 30.08.2019

		MONDAY 26 <sup>th</sup> Aug	TUESDAY 27 <sup>th</sup> Aug	WEDNESDAY 28 <sup>th</sup> Aug	THURSDAY 29 <sup>th</sup> Aug	FRIDAY 30 <sup>th</sup> August
BREAKFAST		Choose from: Cereals (rice bubbles, corn flakes, wheat biscuits) served with milk or milk alternatives, wholemeal toast with healthy toppings, fruit				
MORNING TEA	Food	½ Toasted wholemeal English muffin with tomato and cheese Fruit	Cruskits with healthy toppings Fruit	Yogurt and Muesli Cups	Fruit and Custard Cups	Rainbow Platter (a mix of seasonal fresh fruit and veg), wholegrain crackers and cheese
	Drink	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH	Food	<b>Bolognaise</b> (lamb mince, tomato paste, onion, mixed herb, carrot, tomatoes, celery, garlic) OR <b>Sandwich, Fruit and Yogurt</b>	<b>Bolognaise</b> (lamb mince, tomato paste, onion, mixed herb, carrot, tomatoes, celery, garlic) OR <b>Sandwich, Fruit and Yogurt</b>	<b>Bolognaise</b> (lamb mince, tomato paste, onion, mixed herb, carrot, tomatoes, celery, garlic) OR <b>Sandwich, Fruit and Yogurt</b>	<b>Bolognaise</b> (lamb mince, tomato paste, onion, mixed herb, carrot, tomatoes, celery, garlic) OR <b>Sandwich, Fruit and Yogurt</b>	<b>Bolognaise</b> (lamb mince, tomato paste, onion, mixed herb, carrot, tomatoes, celery, garlic) OR <b>Sandwich, Fruit and Yogurt</b>
	Drink	Water	Water	Water	Water	Water
AFTERNOON TEA	Food	Scrumptious date and banana loaf	KANGAROOS CHOICE	Savory Scrolls	Rainbow Platter (a mix of seasonal fresh fruit and veg), wholegrain crackers and cheese	Allergy Friendly Carrot and Sultana Loaf
	Drink	Water	Water	Water	Water	Water
LATE SNACK		Choose from wholegrain crackers and cheese, fresh fruit and vegetables, allergy friendly muffins and slice (when available) served with water				
Water		Water is freely available throughout the day				
Infants (eating solids)		A variety of foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans), fruit, vegetables, grains and milk products or milk alternatives. Foods are and appropriate texture for infants' age (e.g. mashed, lumpy, chopped, finger foods).				
Allergies and dietary requirements		We endeavour to meet allergy and dietary requirements through inclusive menu planning that offers allergy friendly options as well as options to accommodate cultural customs.				