



PLAYMATES COTTAGE

Menu for the week of 01.07.2019 – 05.07.2019

		MONDAY 1 st July	TUESDAY 2 nd July	WEDNESDAY 3 rd July	THURSDAY 4 th July	FRIDAY 5 th July
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	Raisin Toast Fresh Fruit	Rainbow Platter (a mix of seasonal fresh fruit and veg), wholegrain crackers and hummus	Rice cake and toppings (Cream cheese, tomato, cucumber)	½ Toasted wholemeal English muffin with tomato and cheese Fruit	Fruit salad and yogurt
	Drink	Milk or Water	Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH	Food	Mini Pork & Apple Meatballs with Vegetables (pork mince, apple, onion, parsley). OR Savoury Scroll and Yogurt OR Sandwich and Yogurt	Mini Pork & Apple Meatballs with Vegetables (pork mince, apple, onion, parsley). OR Savoury Scroll and Yogurt OR Sandwich and Yogurt	Mini Pork & Apple Meatballs with Vegetables (pork mince, apple, onion, parsley). OR Savoury Scroll and Yogurt OR Sandwich and Yogurt	Mini Pork & Apple Meatballs with Vegetables (pork mince, apple, onion, parsley). OR Savoury Scroll and Yogurt OR Sandwich and Yogurt	Mini Pork & Apple Meatballs with Vegetables (pork mince, apple, onion, parsley). OR Savoury Scroll and Yogurt OR Sandwich and Yogurt
	Drink	Water	Water	Water	Water	Water
	AFTERNOON TEA	Food	Yogurt and Berry cups with muesli.	Carrot, Banana and Sultana Muffins	KANGAROOS CHOICE	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 08.07.2019 – 12.07.2019

		MONDAY 8 TH July	TUESDAY 9 TH July	WEDNESDAY 10 TH July	THURSDAY 11 TH July	FRIDAY 12 TH July
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	Mini pizza rounds (English muffins, pizza sauce, cheese, vegetables)	Cruskits with healthy toppings Fruit	Rainbow Platter (a mix of seasonal fresh fruit and veg), wholegrain crackers and cheese	Fruit salad and yogurt
	Drink		Milk or Water	Milk or Water	Milk or Water	Milk or Water
LUNCH	Food	Zucchini Slice (zucchini, onion, ham, cheese, self-raising flour, corn, peas, egg) OR Hidden Veg Sausage Rolls (zucchini, carrot, garlic, chicken mince, puff pastry) and yogurt OR Sandwich, Fruit and Yogurt	Zucchini Slice (zucchini, onion, ham, cheese, self-raising flour, corn, peas, egg) OR Hidden Veg Sausage Rolls (zucchini, carrot, garlic, chicken mince, puff pastry) and yogurt OR Sandwich, Fruit and Yogurt	Zucchini Slice (zucchini, onion, ham, cheese, self-raising flour, corn, peas, egg) OR Hidden Veg Sausage Rolls (zucchini, carrot, garlic, chicken mince, puff pastry) and yogurt OR Sandwich, Fruit and Yogurt	Zucchini Slice (zucchini, onion, ham, cheese, self-raising flour, corn, peas, egg) OR Hidden Veg Sausage Rolls (zucchini, carrot, garlic, chicken mince, puff pastry) and yogurt OR Sandwich, Fruit and Yogurt	Zucchini Slice (zucchini, onion, ham, cheese, self-raising flour, corn, peas, egg) OR Hidden Veg Sausage Rolls (zucchini, carrot, garlic, chicken mince, puff pastry) and yogurt OR Sandwich, Fruit and Yogurt
	Drink		Water	Water	Water	Water
AFTERNOON TEA	Food	Johnny Cakes and Jam ** Cooked by the children and staff on the camp fire**	Rainbow Platter (a mix of seasonal fresh fruit and veg)	Savoury scrolls	Pumpkin Scones	Rainbow Platter (a mix of seasonal fresh fruit and veg), wholegrain crackers and cheese
	Drink		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 22.07.2019 – 26.07.2019

		MONDAY 22 nd July	TUESDAY 23 rd July	WEDNESDAY 24 th July	THURSDAY 25 th July	FRIDAY 26 th July
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	Wholemeal toast and baked beans	Rice cake and toppings (Cream cheese, tomato, cucumber)	Savoury scrolls Fruit	Rainbow Platter (a mix of seasonal fresh fruit and veg), wholegrain crackers and cheese	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
LUNCH	Food	Bolognaise (lamb mince, tomato paste, onion, mixed herb, carrot, tomatoes, celery, garlic) OR Cheesy Mite Scroll and Yogurt OR Sandwich and Yogurt	Bolognaise (lamb mince, tomato paste, onion, mixed herb, carrot, tomatoes, celery, garlic) OR Cheesy Mite Scroll and Yogurt OR Sandwich and Yogurt	Bolognaise (lamb mince, tomato paste, onion, mixed herb, carrot, tomatoes, celery, garlic) OR Cheesy Mite Scroll and Yogurt OR Sandwich and Yogurt	Bolognaise (lamb mince, tomato paste, onion, mixed herb, carrot, tomatoes, celery, garlic) OR Cheesy Mite Scroll and Yogurt OR Sandwich and Yogurt	Bolognaise (lamb mince, tomato paste, onion, mixed herb, carrot, tomatoes, celery, garlic) OR Cheesy Mite Scroll and Yogurt OR Sandwich and Yogurt
	Drink		Water	Water	Water	Water
AFTERNOON TEA	Food	Fruit salad and yogurt	KOALAS CHOICE	Fruit and Custard cups	Apricot and Banana Muffins	Carrot, Banana and Sultana Muffins
	Drink		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 29.07.2019 – 02.08.2019

		MONDAY 29 th July	TUESDAY 30 th July	WEDNESDAY 31 st July	THURSDAY 1 st August	FRIDAY 2 nd 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	Yogurt and Muesli Cups	Cruskits with healthy toppings Fruit	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
LUNCH	Food	Fish Fingers with Vegetables OR Hidden Veg Sausage Rolls (zucchini, carrot, garlic, chicken mince, puff pastry) and yogurt OR Sandwich, Fruit and Yogurt	Fish Fingers with Vegetables OR Hidden Veg Sausage Rolls (zucchini, carrot, garlic, chicken mince, puff pastry) and yogurt OR Sandwich, Fruit and Yogurt	Fish Fingers with Vegetables OR Hidden Veg Sausage Rolls (zucchini, carrot, garlic, chicken mince, puff pastry) and yogurt OR Sandwich, Fruit and Yogurt	Fish Fingers with Vegetables OR Hidden Veg Sausage Rolls (zucchini, carrot, garlic, chicken mince, puff pastry) and yogurt OR Sandwich, Fruit and Yogurt	Fish Fingers with Vegetables OR Hidden Veg Sausage Rolls (zucchini, carrot, garlic, chicken mince, puff pastry) and yogurt OR Sandwich, Fruit and Yogurt
	Drink		Water	Water	Water	Water
AFTERNOON TEA	Food	Scrumptious date and banana loaf	Toasted Pita Chips with beetroot dip and Vegetable Sticks	CROCODILES CHOICE	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
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.				