

WINTER WEEK ONE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Snack	<ul style="list-style-type: none"> • Baked beans and toast • Milk 	<ul style="list-style-type: none"> • Fruit with Yoghurt dip • Milk 	<ul style="list-style-type: none"> • Easy Fruit platter • Cruskits with assorted spreads • Milk 	<ul style="list-style-type: none"> • Weetbix with honey or banana • Milk 	<ul style="list-style-type: none"> • Crumpets with assorted spreads • Milk
Lunch	<ul style="list-style-type: none"> • Chicken and Pumpkin Risotto 	<ul style="list-style-type: none"> • Spaghetti Bolognaise • Simple side salad 	<ul style="list-style-type: none"> • Roast beef with roast vegetables, corn on the cob and beans 	<ul style="list-style-type: none"> • Lentil Soup • Wholemeal Bread • Oranges 	<ul style="list-style-type: none"> • Beef and Vegetable Pie • Crunchy side greens
Afternoon Snack	<ul style="list-style-type: none"> • Fruit and Vegetable platter • Rice Cakes with Assorted Spreads • Milk 	<ul style="list-style-type: none"> • Apple Scrolls • Easy Fruit Platter • Milk 	<ul style="list-style-type: none"> • Vegetable platter, dip and bread • Milk 	<ul style="list-style-type: none"> • Fruit platter with sultanas • Rice Crackers with Cheese • Milk 	<ul style="list-style-type: none"> • Pita Chips, Cheese and Dip • Fruit • Milk

- All fruit will be peeled and cut into handheld pieces for children aged 0 – 2 years. Hard fruit will be par boiled for babies under the age of 12 months.
- Infants over the age of 6 months will be offered handheld, developmentally appropriate food to encourage baby-led weaning. Children 4 – 6 months will be offered puree or mashed vegetables, adhering to parent’s requirements and/or requests.
- Children with allergies or cultural dietary requirements will be provided with suitable alternatives to foods and drinks not suitable to their needs. Please see your Director to discuss the needs of your child in regard to their dietary requirements and if they change