

WEEK 1

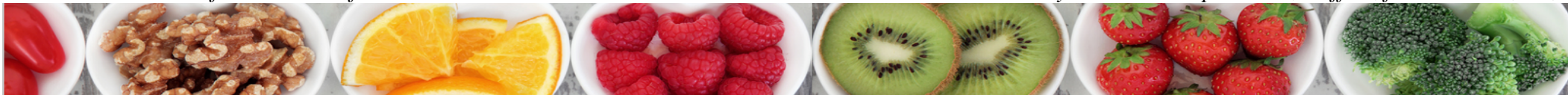
Kids World Kindy

MENU 1 – 5 YEARS

<u>2021-2022</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>
Morning Tea	<i>Bread Triangles With Cheese Or Vegemite Milk</i>	<i>Bread Triangles With Cream Cheese Jam & Butter Milk</i>	<i>Bread Triangles With Jam Or Honey Milk</i>	<i>Bread Triangle With Cheese, Sultanas And Grated Carrot Milk</i>	<i>Fruit Bread Triangles With Butter Or Jam Milk</i>
Lunch	<i>Chicken & Corn Rissole, Macaroni Cheese Pasta Bake Mixed Fresh Vegetables</i>	<i>Moroccan Spiced Lamb & Beef Tagine with Cous Cous Mixed Fresh Vegetables</i>	<i>Red Lentil & Split Pea Tomato Dhal with Rice Mixed Fresh Vegetables</i>	<i>Beef & Tomato Lasagne with Cheese Béchamel Sauce Mixed Fresh Vegetables</i>	<i>BBQ Chicken, Sweet Potato, Pineapple, Capsicum & Cheese Pizza Lettuce, Cucumber & Tomato</i>
Afternoon Tea	<i>Fruit Platter Yoghurt Filtered Water</i>	<i>Fruit Platter Rice Cakes/Cheese Filtered Water *Children's Cooking Activity*</i>	<i>Fruit Platter Custard Filtered Water</i>	<i>Fruit Platter Crackers with Dip Filtered Water</i>	<i>Fruit Platter Sultanas Filtered Water</i>
Late Supper	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>

Kitchen Preparation and Food Safety Serving Instructions

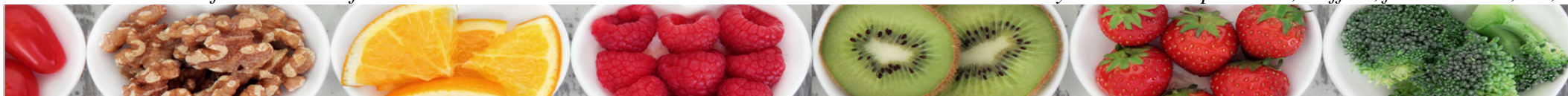
Full Cream Milk is served to children aged 0 to 2 yrs. **Lite Milk** is served to children aged 2 to 5 yrs. **Breakfast cereal choices** include: Weetbix, Rice Pops & Corn flakes. **Late Super** – Children aged 0 to 2 yrs are served arrowroot biscuits. **No celery** is served to children aged below 3 years. **Fruit 0-2yrs** - no apple is served and skin is removed from all other fruits served. **Rice Cakes/Rice Crackers are not served** to children 0 to 2 yrs. * Includes pancakes, muffins, fruit crumble, etc.,



<u>2021-2022</u>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Breakfast	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>
Morning Tea	<i>Fruit Bread Triangles With Butter Or Jam Milk</i>	<i>Bread Triangles With Cheese Or Vegemite Milk</i>	<i>Bread Triangles With Cream Cheese Jam & Butter Milk</i>	<i>Bread Triangles With Jam Or Honey Milk</i>	<i>Bread Triangle With Cheese, Sultanas And Grated Carrot Milk</i>
Lunch	<i>Japanese Chicken Balls, Green Vegetables, Brown Rice & Katsu Sauce</i>	<i>Tuna, Tomato & Spinach Pasta Bake Mixed Fresh Vegetables</i>	<i>Beef Stroganoff with Mushrooms & Rice Mixed Fresh Vegetables</i>	<i>Beef, Mushroom & Eggplant Pasta Bake Mixed Fresh Vegetables</i>	<i>Beef & Black Bean with Rice Mixed Fresh Vegetables</i>
Afternoon Tea	<i>Fruit Platter Sultanas Filtered Water</i>	<i>Fruit Platter Yoghurt Filtered Water</i>	<i>Fruit Platter Rice Cakes/Cheese Filtered Water</i>	<i>Fruit Platter Custard Filtered Water</i>	<i>Fruit Platter Crackers With Dip Filtered Water</i>
Late Supper	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>

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Full Cream Milk is served to children aged 0 to 2 yrs. **Lite Milk** is served to children aged 2 to 5 yrs. **Breakfast cereal choices** include: Weetbix, Rice Pops & Corn flakes. **Late Super** – Children aged 0 to 2 yrs are served arrowroot biscuits. **No celery** is served to children aged below 3 years. **Fruit 0-2yrs** - no apple is served and skin is removed from all other fruits served. **Rice Cakes/Rice Crackers are not served** to children 0 to 2 yrs. * Includes pancakes, muffins, fruit crumble, etc.,



WEEK 3

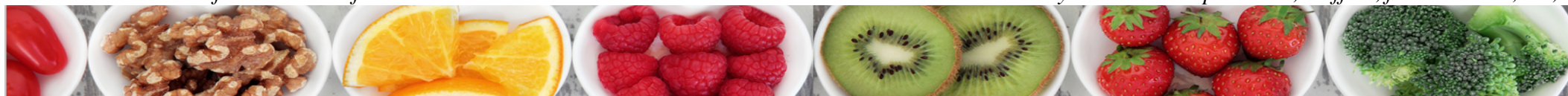
Kids World Kindy

MENU 1 – 5 YEARS

<u>2021-2022</u>	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>	<i>Choice Of Cereal Or Toast Milk</i>
Morning Tea	<i>Bread Triangle With Cheese, Sultanas And Grated Carrot Milk</i>	<i>Fruit Bread Triangles With Butter Or Jam Milk</i>	<i>Bread Triangles With Cheese Or Vegemite Milk</i>	<i>Bread Triangles With Cream Cheese Jam & Butter Milk</i>	<i>Bread Triangles With Jam Or Honey Milk</i>
Lunch	<i>Chicken & Beef Sausage Paella, Yellow Rice Mixed Fresh Vegetables</i>	<i>Beef & Tomato Meatballs with Creamy Potato Bake Mixed Fresh Vegetables</i>	<i>Lamb, Beef & Split Pea Curry with Cous Cous Mixed Fresh Vegetables</i>	<i>Cheesy Tomato & White Bean Sauce with Pasta Mixed Fresh Vegetables</i>	<i>Mini Chicken & Spinach Burgers with Tomato Relish and Lettuce</i>
Afternoon Tea	<i>Fruit Platter Crackers With Dip Filtered Water</i>	<i>Fruit Platter Sultanas Filtered Water</i>	<i>Fruit Platter Yoghurt Filtered Water Children's Cooking Activity*</i>	<i>Fruit Platter Rice Cakes/Cheese Filtered Water</i>	<i>Fruit Platter Custard Filtered Water</i>
Late Supper	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>	<i>Fresh Vegetables Sticks And Dried Fruit</i>

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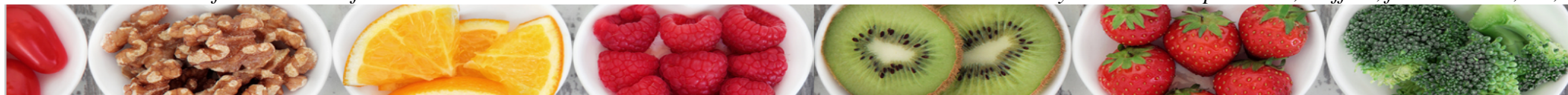


WEEK 4

2021-2022	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice Of Cereal Or Toast Milk	Choice Of Cereal Or Toast Milk	Choice Of Cereal Or Toast Milk	Choice Of Cereal Or Toast Milk	Choice Of Cereal Or Toast Milk
Morning Tea	Bread Triangles With Jam Or Honey Milk	Bread Triangle With Cheese, Sultanas And Grated Carrot Milk	Fruit Bread Triangles With Butter Or Jam Milk	Bread Triangles With Cheese Or Vegemite Milk	Bread Triangles With Cream Cheese Jam & Butter Milk
Lunch	Butter Chicken with Natural Yoghurt & Rice Mixed Fresh Vegetables	Beef Meatballs, Vegetable Ratatouille with Pasta	Chicken, Tomato, Zucchini & Cheese Pasta Bake	Beef & Tomato Bolognaise with Pasta Mixed Fresh Vegetables	Sloppy Joe Beef Pizza with Sweet Potato, Capsicum & Corn Lettuce, Cucumber & Tomato
Afternoon Tea	Fruit Platter Custard Filtered Water	Fruit Platter Crackers With Dip Filtered Water	Fruit Platter Sultanas Filtered Water	Fruit Platter Yoghurt Filtered Water	Fruit Platter Rice Cakes/Cheese Filtered Water
Late Super	Fresh Vegetables Sticks And Dried Fruit	Fresh Vegetables Sticks And Dried Fruit	Fresh Vegetables Sticks And Dried Fruit	Fresh Vegetables Sticks And Dried Fruit	Fresh Vegetables Sticks And Dried Fruit

Kitchen Preparation and Food Safety Serving Instructions

Full Cream Milk is served to children aged 0 to 2 yrs. **Lite Milk** is served to children aged 2 to 5 yrs. **Breakfast cereal choices** include: Weetbix, Rice Pops & Corn flakes. **Late Super** – Children aged 0 to 2 yrs are served arrowroot biscuits. **No celery** is served to children aged below 3 years. **Fruit 0-2yrs** - no apple is served and skin is removed from all other fruits served. **Rice Cakes/Rice Crackers are not served** to children 0 to 2 yrs. * Includes pancakes, muffins, fruit crumble, etc.,



WEEK 5

2021-2022	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Choice of Cereal or Toast Milk	Choice Of Cereal Or Toast Milk	Choice Of Cereal Or Toast Milk	Choice Of Cereal Or Toast Milk	Choice Of Cereal Or Toast Milk
Morning Tea	Bread Triangles with Cream Cheese Jam & Butter Milk	Bread Triangles with Jam or Honey Milk	Bread Triangle with Cheese, Sultanas and Grated Carrot Milk	Fruit Bread Triangles with Butter or Jam Milk	Bread Triangles with Cheese or Vegemite Milk
Lunch	Mexican Beef, Bean & Corn Salsa, Rice with Corn Chip Crumble Bean & Corn Salsa	Vegetable Pasta Bake with Sweet Potato, Eggplant & White Beans Mixed Fresh Vegetables	Hungarian Smoky Paprika Beef with Sweet Potato Dice & Rice Mixed Fresh Vegetables	Lamb & Beef Kofta Balls, Capsicum & Chickpea Relish & Pita Pockets Lettuce & Cucumber	Chicken & Cheesy Spinach Sauce with Pasta Mixed Fresh Vegetables
Afternoon Tea	Fruit Platter Rice Cakes/Cheese Filtered Water	Fruit Platter Custard Filtered Water	Fruit Platter Crackers with Dip Filtered Water	Fruit Platter Sultanas Filtered Water *Children's Cooking Activity*	Fruit Platter Yoghurt Filtered Water
Late Super	Fresh Vegetables Sticks and Dried Fruit	Fresh Vegetables Sticks And Dried Fruit	Fresh Vegetables Sticks And Dried Fruit	Fresh Vegetables Sticks And Dried Fruit	Fresh Vegetables Sticks And Dried Fruit

Kitchen Preparation and Food Safety Serving Instructions

Full Cream Milk is served to children aged 0 to 2 yrs. **Lite Milk** is served to children aged 2 to 5 yrs. **Breakfast cereal choices** include: Weetbix, Rice Pops & Corn flakes. **Late Super** – Children aged 0 to 2 yrs are served arrowroot biscuits. **No celery** is served to children aged below 3 years. **Fruit 0-2yrs** - no apple is served and skin is removed from all other fruits served. **Rice Cakes/Rice Crackers are not served** to children 0 to 2 yrs. * Includes pancakes, muffins, fruit crumble, etc.,



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Breakfast	Choice Of Cereal Or Toast Milk	Choice Of Cereal Or Toast Milk	Choice Of Cereal Or Toast Milk	Choice Of Cereal Or Toast Milk	Choice Of Cereal Or Toast Milk
Morning Tea	Bread Triangles with Cheese or Vegemite Milk	Bread Triangles with Cream Cheese Jam & Butter Milk	Bread Triangles with Jam or Honey Milk	Bread Triangle with Cheese, Sultanas and Grated Carrot Milk	Fruit Bread Triangles with Butter or Jam Milk
Lunch	<u>Summer</u> Cheesy Tomato & White Bean Sauce with Pasta Mixed Fresh Vegetables <u>Winter</u> Pumpkin, Sweet Potato & White Bean Soup with Wholemeal Bread Roll	Chicken, Apricot & Sweet Potato Stew with Rice Mixed Fresh Vegetables	Thai Chicken Rissoles with Mango & Coconut Curry Sauce with Brown Rice Mixed Fresh Vegetables	Beef, Potato & Eggplant Korma with Rice Mixed Fresh Vegetables	Italian Beef Meatballs in Creamy Tomato Sauce with Pasta Mixed Fresh Vegetables
Afternoon Tea	Fruit Platter Yoghurt Filtered Water	Fruit Platter Rice Cakes/Cheese Filtered Water	Fruit Platter Custard Filtered Water	Fruit Platter Crackers with Dip Filtered Water	Fruit Platter Sultanas Filtered Water
Late Super	Fresh Vegetables Sticks and Dried Fruit	Fresh Vegetables Sticks And Dried Fruit	Fresh Vegetables Sticks And Dried Fruit	Fresh Vegetables Sticks And Dried Fruit	Fresh Vegetables Sticks And Dried Fruit

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