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| Menu 1 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Morning Tea | Toasted cheese and ham sandwiches | Green smoothie. Vegemite crackers | Homemade Pikelets | Popcorn. Vege sticks and cheese cubes | Vegemite & Jam sandwiches |
| 2 x Assortment of seasonal fresh fruit and/or veges such as apple, orange, banana, kiwifruit, mandarins | | | | | |
| 1x Dried fruit option such as raisins, cranberry, apple and apricot | | | | | |
| Lunch  Under Two’s | Mashed/pureed lunch option + Mashed vegetables  Mashed vegetables may include: potato, kumara, silver beet, carrot, peas | | | | |
| Lunch  Over Two’s | Chicken stir-fry with noodles | Tuna Pasta bake with broccoli and beans | Vegetarian meatballs with couscous and mixed veges | Chicken enchiladas with seasonal veges | Cottage pie with seasonal veges |
| Afternoon Tea | Homemade scones | Vegemite crackers. Carrot and cucumber sticks with hummus | Oat sugar-free homemade biscuits | Vegemite and jam cruskits | Sweetcorn fritters |
|  | **2 x Assortment of seasonal fresh fruit and/or veges such as apple, orange, banana, kiwifruit, mandarins, celery, carrot, cucumber** | | | | |
| Dinner Under Two’s | **Leftovers from lunch or assorted options such as couscous with bolognaise sauce, pesto pasta,** | | | | |
| Late Snack  Over Two’s | **Crackers or homemade bread** | | | | |

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| Menu 2 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Morning Tea | Smoothie and crackers | Fruit salad and yoghurt | Crackers with cheese sticks and vege sticks | Pikelets | Ham sandwiches |
| 2 x Assortment of seasonal fresh fruit and/or veges such as apple, orange, banana, kiwifruit, mandarins | | | | | |
| 1x Dried fruit option such as raisins, cranberry, apple and apricot | | | | | |
| Lunch  Under Two’s | Mashed/pureed lunch option + Mashed vegetables  Mashed vegetables may include: potato, kumara, silver beet, carrot, peas | | | | |
| Lunch  Over Two’s | Sticky sausages and rice | Chicken stir fry with egg noodles | Slow cooked beef with seasonal veges | Lasagne with seasonal veges | Chicken wraps with salad |
| Afternoon Tea | Ham sandwiches | Sugar free muesli slice | Savoury muffins | Vegemite and cheese scroll | Healthy bliss balls, vegemite crackers |
|  | **2 x Assortment of seasonal fresh fruit and/or veges such as apple, orange, banana, kiwifruit, mandarins, celery, carrot, cucumber** | | | | |
| Dinner Under Two’s | **Leftovers from lunch or assorted options such as couscous with bolognaise sauce, pesto pasta,** | | | | |
| Late Snack  Over Two’s | **Crackers or homemade bread** | | | | |

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| Menu 3 | Day 1 | Day 2 | Day 3 | Day 4 | Day 5 |
| Morning Tea | Crackers and cheese | Banana berry smoothie. Crackers | Ham and cheese quesadillas | Vegemite or jam crackers | Fruit toast |
| 2 x Assortment of seasonal fresh fruit and/or veges such as apple, orange, banana, kiwifruit, mandarins | | | | | |
| 1x Dried fruit option such as raisins, cranberry, apple and apricot | | | | | |
| Lunch  Under Two’s | Mashed/pureed lunch option + Mashed vegetables  Mashed vegetables may include: potato, kumara, silver beet, carrot, peas | | | | |
| Lunch  Over Two’s | Chicken risotto | Shepherds pie | Meatballs with spaghetti and mixed veges | Apricot chicken with rice | Sausage gnocchi |
| Afternoon Tea | Lettuce and tomato sandwiches | Sweetcorn fritters | Banana Bread | Homemade scones with jam | Cheese sticks and crackers |
|  | **2 x Assortment of seasonal fresh fruit and/or veges such as apple, orange, banana, kiwifruit, mandarins, celery, carrot, cucumber** | | | | |
| Dinner Under Two’s | **Leftovers from lunch or assorted options such as couscous with bolognaise sauce, pesto pasta,** | | | | |
| Late Snack  Over Two’s | **Crackers or homemade bread** | | | | |