

Sample Menu

VEGETABLES & FRUIT:

The daily lunch meal is served with seasonal mashed vegetables for children under 3. For children over 3, a fresh seasonal vegetable option or a salad is served with their main lunch meal. Morning and afternoon tea are often served with a range of age appropriate fruit or vegetable options, For example; carrot, cucumber, sliced cherry tomatoes, steamed broccoli florets, capsicum sticks, steamed beans.

FOOD ALLERGIES AND CULTURALLY SPECIFIC FOOD REQUIREMENTS:

New Shoots Chefs can cater for many dietary or culturally specific requirements that your child may have. The recipes are designed to be adjusted to cater for many dietary requirements or an alternative meal will be provided. All allergies are managed via a medical health plan created in conjunction with a medical practitioner and the Centre Director. This menu has been designed without including nuts and to cater for egg, gluten and dairy free children. However, for a severe allergy, we cannot be sure that all foods are not made in a factory that also produces foods containing these allergens. Also, our kitchens do contain these allergens (except nuts). Children can also be allergic to sesame and soy, shellfish and fish, some foods within this menu contain these allergens. Please advise us if your child has an allergy to any of these (or other foods).

OUR CHEFS' VISION:

Our menu has been created with your little ones in mind, we believe it is so important to introduce children to a wide variety of flavours and cultures, textures and experiences, which you will see represented throughout the menu. The menu and corresponding recipes have been endorsed by Mission Nutrition."

	Morning Tea	Lunch	Afternoon Tea	Late Snack
Monday	Fruit Toast & Chia Fruit Jam served with fresh fruit Water / Milk	Veggie Pasta Bake	Date Oat Bars Water/milk	Marmite / Chia Fruit Jam Sandwiches Water
Tuesday	Cruskets and Seasonal Vegetables, Marmite & Cheese served with fresh fruit Water/Milk	Fish Sliders	No Bake Weetbix Slice Water/Milk	Marmite / Chia Fruit Jam Sandwiches Water
Wednesday	Cinnamon Pita Crisps & Yogurt Water/Milk	Spaghetti Bolognese served with steamed vegetables	Pumpkin Brownie served with fresh fruit Water/Milk	Marmite / Chia Fruit Jam Sandwiches Water
Thursday	Pinwheel Cinnamon Scones served with fresh fruit Water/Milk	Curried Chicken and Rice served with vegetable sticks	Citrus Drizzle Loaf (week 1 recipe) Water/Milk	Marmite / Chia Fruit Jam Sandwiches Water
Friday	Apple Cinnamon Loaf served with fresh fruit Water/Milk	Sandwiches with Lean Ham / Chicken / beef / Seasonal Salad Vegetables/ Cheese and Marmite served with vegetable sticks	Cheese Rolls Water/Milk	Marmite / Chia Fruit Jam Sandwiches Water

