

Sample weekly menu

An example from our centre menu. Check the foyer or HubHello for the current week. Please discuss allergies and dietary needs with our team.

Day	Morning tea	Lunch	Afternoon tea	Late snack
Monday	Fruit, milk, corn flakes and Weet-Bix	Creamy chicken with rice and vegetables	Bread spread and fruit	Fruit, Sao crackers and milk
Tuesday	Fruit, milk, corn flakes and Weet-Bix	Lasagna with cheese sauce and vegetables	Banana oat bars and fruit	Fruit, Sao crackers and milk
Wednesday	Fruit, milk, corn flakes and Weet-Bix	Mixed rice with mince and vegetables	Ice cream, jelly and fruit	Fruit, Sao crackers and milk
Thursday	Fruit, milk, corn flakes and Weet-Bix	Sweet and sour chicken with rice and vegetables	Savoury muffins and fruit	Fruit, Sao crackers and milk
Friday	Fruit, milk, corn flakes and Weet-Bix	Beef burger with baked potato and fresh vegetables	Coconut cake and fruit	Fruit, Sao crackers and milk

Babies follow their own feeding routines. Children may have more serves if they wish.