

Week One – Summer–Autumn 2025/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Water/milk is served with Morning Tea				
Fresh Fruit platter Apple, nectarine, banana & grapes, strawberries blueberries, corn thins	Fruit & Cheese platter Apple, banana, oranges with cubed hard cheese	Fresh Fruit Vegetable platter Banana, rockmelon, strawberries, cucumber, carrot, Wholegrain crackers	Multi grain Toast Multigrain l bread, Vegemite & Nutalex,	Fresh Fruit Watermelon, nectarine, banana & grapes, whole grain crackers
Water is served with Lunch				
<u>Savoury Vegetable pikelets with steamed veggies</u> Carrots, onions, zucchini, peas, corn, egg and lentils or beans, brown rice	<u>Spaghetti Bolognese with steamed veggies</u> Beef mince, crushed tomatoes, grated carrot & zucchini, herbs, pasta, Seasoned- indigenous herbs	<u>Chicken Tacos with steamed veggies</u> Chicken mince, home-made taco seasoning, cannellini beans, white rice. Wholegrain wraps	<u>Crumbed whitting with roasted vegetables</u> Whiting, breadcrumbs, Potatoes, Zucchini, sweet potato, Carrots	<u>Corned Beef with Roasted vegetables</u> Corned beef. Potato, carrots, pumpkin roasted. & Steamed greens
Water is served with Second course				
Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and oranges	Fresh Fruit salad & yoghurt Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit salad & Yoghurt Watermelon, Cantaloupe, Honey dew, pineapple and orange
Second Option- multi grain salad Sandwiches or Vegemite & block cheese				
Water /milk is served with Afternoon Tea				
Wholemeal Banana biscuits Rolled oats, banana, bran wholemeal flour cinnamon Apples and berries	Oaty Wheetbix Slice Wholemeal flour, Weetbix, oats, Coconut, milk. Carrot, cucumber, cherry tomatoes	Cheese & Crackers Cream cheese & wholegrain crackers with veggies sticks- Carrot & Cucumber	Fruit & Vegetable platter Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, cubed cheese, multigrain corn thins	Wholemeal vegemite scrolls Wholemeal bread with vegemite and hard cheese Served with fruit
late Snack- multi grain salad sandwiches with either shredded chicken (only 2 days a week) vegemite & block cheese, fruit & vegetable sticks				

Week Two – Summer –Autumn 2025/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Milk and Water is served with Morning Tea				
Multi grain Toast Multi grain bread, Vegemite & Nutalex,	Fresh Fruit platter Fresh- apple, pear, oranges blueberries strawberries, grapes, raspberries	Fresh Fruit & Cheese platter Apple, banana, oranges with cubed hard cheese corn thins	Fresh Fruit platter Watermelon, Cantaloupe, Honey dew, bananas, grapes, wholegrain crackers	Fresh Fruit platter Cantaloupe, pear, banana & grapes, whole grain crackers
Water is served with Lunch				
<u>Chicken & leek pasta in a white sauce with steamed veggies</u> Sweet potato, carrots, zucchini, broccoli and leeks	<u>Salmon & Rice Patties with steamed veggies</u> Fresh Salmon, potato, sweet potato, carrot, with steamed vegetables and white rice	<u>Beef ,Vegetable meatballs with steamed veggies</u> Carrots, zucchini, onion, apple, minced beef, mixed herbs,Cous cous <i>Indigenous herbs</i>	<u>Mini quiches in wholemeal bread cups with steamed veggies</u> Eggs, grated hard cheese and wholemeal flour, sweet potatoes, carrots, and beans	<u>Beef and pork Koftas with steamed veggies/ salad</u> Beef, pork, wraps and dips,salad <i>Indigenous herbs</i>
Water is served with Second course				
Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit salad & yoghurt Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit salad & yoghurt Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and orange
Second Option– multi grain salad Sandwiches with Vegemite & block cheese				
Milk and Water is served with Afternoon Tea				
Cheese, Crackers, fruit platter Cubed Cheese, corn Cruskits, apple, oranges, grapes,	Apple oat squares with vegetable sticks Pureed apple, oatmeal, wholemeal flour, cinnamon. Carrots, cucumber	Savoury 3 Vegetable Muffins Broccoli, carrots, zucchini eggs, milk, grated block cheese wholemeal flour.	Fruit & vegetable platter Carrots, cucumber, cherry tomatoes, oranges, grapes, Peaches, cubed cheese. Multi grain corn thins	Wholemeal date and coconut cake Wholemeal flour, milk, egg, dates, desiccated coconut. Grapes & oranges
late Snack– multi grain salad sandwiches with either shredded chicken (only 2 days a week) vegemite & block cheese, fruit & vegetable sticks				

Week Three – Summer –Autumn 2025/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Milk and Water is served with Morning Tea				
Fresh Fruit platter stone fruit banana & grapes, whole grain crackers	Fresh Fruit platter Apple, pear, stone fruit grapes, strawberries and multigrain corn thins	Multi grain toast Multi grain bread, vegemite and nuttalex	fresh fruit and cheese platter Cubed Cheese, apple, stone fruit, grapes cucumber sticks carrot sticks and corn thins	Wholemeal crumpets Wholemeal bread, Vegemite & Nuttalex
Water is served with Lunch				
<u>Beef Tacos with steamed veggies</u> Beef mince, home-made taco seasoning, cannellini beans, white rice. Wholegrain wraps	<u>Fried Rice with steamed veggies</u> White rice, peas, beans carrots, corn, egg, cannellini beans, salt reduced soy sauce	<u>Beef Lasagne with steamed veggies</u> Beef, tomatoes, carrots, zucchini, pasta sheets. Indigenous herbs	<u>Crumbed chicken tenderloins</u> Zucchini, sweet potato, Carrots beans and cauliflower	<u>Thai fish cakes with steamed veggies</u> Whiting, brown rice, curry powder, fresh parsley, grated carrots, breadcrumbs Served with white rice
Water is served with Second Course				
Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh fruit salad & yoghurt Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh fruit salad & yoghurt Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and orange
Second Option– multi grain salad Sandwiches with Vegemite & block cheese				
Milk and Water is served with Afternoon Tea				
Easy Oat Slice Wholemeal flour, oats vanilla, egg bran. Strawberries and oranges	Apple Pikelets Pureed apple, eggs, cinnamon, Oatmeal and wholemeal flour Served with fruit	Vegetable & Cheese platter Carrot, cucumber cherry tomato's with cubed hard cheese & Cruskits	Wholemeal banana biscuits with vegetable sticks Wholemeal flour, bananas, milk, carrot & cucumber	Fruit & Vegetable platter Carrot, cucumber, cherry tomatoes, oranges, grapes, peaches, multigrain corn thins with cream cheese
late Snack– multi grain salad sandwiches with either shredded chicken (only 2 days a week) vegemite & block cheese, fruit & vegetable sticks				

Week Four – Summer–Autumn 2025/2026

Monday	Tuesday	Wednesday	Thursday	Friday
Milk and Water is served with Morning Tea				
Fresh Fruit platter Apples, stone fruit, banana & grapes, whole grain crackers	Fresh Fruit platter Fresh- apple, pear, oranges stone fruit strawberries with multigrain corn thins	Multi grain English muffins Multi grain muffins, Vegemite & Nuttalex,	Fresh Fruit platter Apples, stone fruit banana & grapes, whole grain crackers	Fresh Fruit Cheese platter Apple, banana, oranges, stone fruit, blueberries with cubed hard cheese
Water is served with lunch				
<u>Tuna pasta with steamed veggies</u> Tuna, pasta, tomatoes, cheese, carrots, pumpkin Red kidney beans	<u>Moroccan Beef Meatballs with steamed veggies</u> Beef, herbs, tomatoes, brown rice, Indigenous herbs	<u>Falafels with Hummus or tzatziki Dip with steamed veggies served on a bed of cous cous</u> Chickpeas red onion lentils, herbs, carrots,	<u>Savory mince with pasta and steamed veggies</u> Beef, salt reduced gravy, carrots, potato, peas, brown rice Indigenous herbs	<u>Chicken teriyaki with steamed veggies and a homemade sauce</u> Chicken thighs, fresh pineapple Carrots, beans, with white rice
Water is served with Second course				
Fresh Fruit salad & yogurt Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit Watermelon, Cantaloupe, Honey dew, pineapple and orange	Fresh Fruit salad & yoghurt Watermelon, Cantaloupe, Honey dew, pineapple and orange
Second Option- multigrain salad Sandwiches with Vegemite & block cheese				
Milk and Water is served with Afternoon Tea				
Cheese & Crackers Cream cheese & multigrain corn thins with veggies sticks- Carrot & Cucumber	Crackers, fruit & Veggie platter corn Cruskits, apple, oranges, grapes, carrots, cucumber & tomato	Cheese & Crackers Cream cheese & wholegrain crackers with veggies sticks- Carrot & Cucumber	Wholemeal Apple biscuits with vegetable sticks Wholemeal flour, bananas, milk, carrot & cucumber	Wholemeal ABCD muffins Wholemeal flour, apple, bananas, dates, milk, carrot & cucumber
Late snack- multi grain salad sandwiches with either shredded chicken (2days a week) vegemite or block cheese ,fruit and vegetable sticks				

Review Date: October 2026 At Belford Oaks we promote Healthy eating activities embedded in the program promote healthy eating and consider appropriate cultural, religious and health requirements of children.



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