

# Tralee Gardens Centre

## WEEK 1

MEALTIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>  <b>0-3: 9AM</b>  <b>P/S: 10AM</b>	2 Seasonal Fresh Fruits 1 Seasonal Vegetable  Crackers	2 Seasonal Fresh Fruits 1 Seasonal Vegetable  Wholemeal Cake	Corn flakes or Weetbix with Banana	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Wholemeal Grill Cheese Toast	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Toast with toppings Cream cheese and Vegemite
<b>PUREE/ MASHED MORNING TEA</b>  <b>(0-2s – 9am)</b>	Mashed or pureed pears	Mashed or pureed banana	Mashed or pureed Weet-Bix	Mashed or pureed Cream rice	Mashed or pureed Apples
<b>LUNCH</b>  <b>0-3: 11:30AM</b>  <b>P/S: 12PM</b>	Pasta Roma with chickpeas	Butter chicken with Rice and peas	Lamb, Red Kidney Beans & mixed vegetables with Noodles	Chicken casserole with pasta & vegetables	Lamb mince Curry with vegetables and rice Corn, Beans, Peas, Potatoes, carrots
<b>VEGETARIAN LUNCH</b>	Pasta Roma with chickpeas	Potato and Peas curry with Lentils	Red kidney beans and mixed vegie curry with Noodles	Vegetarian casserole with pasta & vegetables	Vegetarian curry with Rice
<b>PUREE/MASHED LUNCH</b>  <b>(0-2s)</b>	Pureed Pasta Roma with chickpeas	Butter Chicken/ Potato and Peas with Rice & Lentils	Pureed lamb with Noodles OR Red Kidney beans curry with Noodles	Chicken casserole pureed OR sweet potato, beans, carrot and peas with pasta puree	Pureed mince lamb curry with rice OR Vegetarian Rice
<b>DESSERT</b>	Custard	Fruit Salad	Yogurt With Strawberries	Custard	Two Fruit
<b>AFTERNOON TEA</b>  <b>3pm</b>	Wholemeal bread Cheese 2 Seasonal Fresh Fruits 1 Seasonal Vegetable	Wholemeal Lebanese bread Cheese 2 Seasonal Fresh Fruits 1 Seasonal Vegetable	Wholemeal bread Cheese 2 Seasonal Fresh Fruits 1 Seasonal Vegetable	Wholemeal Lebanese bread Cheese 2 Seasonal Fresh Fruits 1 Seasonal Vegetable	Wholemeal bread Cheese 2 Seasonal Fresh Fruits 1 Seasonal Vegetable
<b>PUREE/MASHED AFTERNOON TEA</b>  <b>(0-2s)</b>	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables

# Tralee Gardens Centre

## WEEK 2

MEALTIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>  <b>0-3: 9AM</b>  <b>P/S: 10AM</b>	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Rice/corn cake	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Wholemeal toast with cream cheese and vegemite	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Cheesy Triangles on wholemeal bread	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Cracker	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Wholemeal toast with cream cheese and vegemite
<b>PUREE/ MASHED MORNING TEA (0-2s - 9am)</b>	Mashed or pureed Rice cream	Mashed or pureed Apples	Mashed or pureed pears	Mashed or pureed Banana	Mashed or pureed Weetbix
<b>LUNCH</b>  <b>0-3: 11:30AM</b>  <b>P/S: 12PM</b>	Fried Rice with vegetables	Lamb curry with noodle and vegetables Peas, Corn, lentils, Carrot, Potato	Arabian chicken with rice, coriander, beans, spinach and spices	Mince lamb with pasta vegetables beans, peas, corn, potatoes, carrots	Lamb Noodles with Vegetable
<b>VEGETARIAN LUNCH</b>	Fried Rice with vegetables	Vegetable curry with Noodles and chickpeas	Arabian rice, coriander, beans spinach and spices	Pasta vegetables beans, peas, corn, potatoes, carrots	Vegetarian Noodles
<b>PUREE LUNCH (0-2s)</b>	Pureed Fried Rice	Pureed lamb/vegetable curry and chickpeas	Pureed chicken/rice, coriander, beans, spinach and spices	Pureed lamb/vegetable pasta with beans, peas, corn, potatoes, carrots	Pureed mince lamb / vegetable Noodles
<b>DESSERT</b>	Fresh oranges	Fruit Salad	Custard	Two Fruit	Vanilla Yogurt
<b>AFTERNOON TEA</b>  <b>3pm</b>	Wholemeal Lebanese bread Cheese  2 Seasonal Fresh Fruits  1 Seasonal Vegetable	Wholemeal bread Cheese  2 Seasonal Fresh Fruits  1 Seasonal Vegetable	Wholemeal Lebanese bread Cheese  2 Seasonal Fresh Fruits  1 Seasonal Vegetable	Wholemeal bread Cheese  2 Seasonal Fresh Fruits  1 Seasonal Vegetable	Wholemeal Lebanese bread Cheese  2 Seasonal Fresh Fruits  1 Seasonal Vegetable
<b>PUREE/MASHED AFTERNOON TEA (0-2s)</b>	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables

# Tralee Gardens Centre

## WEEK 3

MEALTIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>  <b>0-3: 9AM</b>  <b>P/S: 10AM</b>	2 Seasonal Fresh Fruits 1 Seasonal Vegetable  Crackers	2 Seasonal Fresh Fruits 1 Seasonal Vegetable  Wholemeal toast with cream cheese and vegemite	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Wholemeal Grill Cheese Toast	Corn flakes or Weetbix with Banana	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Wholemeal cake
<b>PUREE/ MASHED MORNING TEA</b>  <b>0-2: 9AM</b>	Mashed or pureed Apples	Mashed or pureed banana	Mashed or pureed Cream rice	Mashed or pureed Weet-Bix	Mashed or pureed Pears
<b>LUNCH</b>  <b>0-3: 11:30AM</b>  <b>P/S: 12PM</b>	Lamb curry with red kidney beans, vegetables with Rice	Wholemeal pasta Roma with Chickpeas Lebanese bread	Lamb Biryani with vegetables	Mince Lamb chow Mein with vegetables corn beans peas potatoes carrots	Arabian Chicken and rice, Coriander and Spinach, beans and Spices
<b>VEGETARIAN LUNCH</b>	Vegetarian Curry with Red Kidney beans and Rice	Wholemeal pasta Roma with Chickpeas Lebanese bread	Vegetarian Biryani with seasonal vegetables	Vegetarian chow Mein corn, beans, peas, potatoes, carrots	Vegetarian rice, coriander & spinach, beans & spices
<b>PUREE/MASHED LUNCH</b>  <b>(0-2s)</b>	Pureed Lamb/ Vegetarian curry with Red Kidney beans and Rice	Pureed Pasta Roma with chickpeas Lebanese bread	Pureed Vegetarian or Lamb Biryani	Pureed lamb or Vegetables chowmein with corn, beans, peas, potatoes and carrots	Pureed Coriander Spinach chicken or Vegetable Coriander with rice and beans
<b>DESSERT</b>	Fresh Oranges	Yogurt	Fruit Salad	Vanilla Yogurt	Custard
<b>AFTERNOON TEA</b>  <b>3pm</b>	Wholemeal bread Cheese  2 Seasonal Fresh Fruits  1 Seasonal Vegetable	Wholemeal Lebanese bread Cheese  2 Seasonal Fresh Fruits 1 Seasonal Vegetable	Wholemeal bread Cheese  2 Seasonal Fresh Fruits 1 Seasonal Vegetable	Wholemeal bread Lebanese Cheese  2 Seasonal Fresh Fruits 1 Seasonal Vegetable	Wholemeal bread Cheese  2 Seasonal Fresh Fruits 1 Seasonal Vegetable
<b>PUREE/MASHED AFTERNOON TEA</b>  <b>(0-2s)</b>	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables

# Tralee Gardens Centre

## WEEK 3

MEALTIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>  <b>0-3: 9AM</b>  <b>P/S: 10AM</b>	2 Seasonal Fresh Fruit  1 Seasonal Vegetable  Crackers	2 Seasonal Fresh Fruit  1 Seasonal Vegetable  Wholemeal muffins	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Crackers	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Corncake with spreads	2 Seasonal Fresh Fruits  1 Seasonal Vegetable  Wholemeal toast with cream cheese and vegemite
<b>PUREE/ MASHED MORNING TEA</b>  <b>0-2s: 9AM</b>	Mashed or pureed Weetbix	Mashed or pureed Bananas	Mashed or pureed Pears	Mashed or pureed Apples	Mashed or pureed cream rice
<b>LUNCH</b>  <b>0-3: 11:30AM</b>  <b>P/S: 12PM</b>	Mince lamb with mixed vegetables, lentils with Rice	Butter Chicken With rice and vegetables	Wholemeal Pasta Roma with chickpeas	Lamb with Rice and mixed vegetables	Mince lamb wholemeal Spaghetti Bolognese with mixed vegetables and beans
<b>VEGETARIAN LUNCH</b>	Vegetarian curry with Rice	Vegetarian curry with rice & vegetables	Wholemeal Pasta Roma with chickpeas  Lebanese bread	Mixed vegetables with lentils and Rice	Wholemeal Spaghetti Bolognese with mixed vegetables and beans
<b>PUREE LUNCH (0-2s)</b>	Pureed lamb/vegetable curry with Rice	Purred butter chicken/vegetarian rice with vegetables and lentils	Pureed wholemeal Pasta Roma with chickpeas Lebanese bread	Pureed Lamb or Vegetables with Rice	Pureed mince lamb / wholemeal Spaghetti Bolognese with mixed vegetables and beans
<b>DESSERT</b>	Yogurt	Two Fruit	Fresh Oranges	Yogurt	Custard
<b>AFTERNOON TEA</b>  <b>3pm</b>	Wholemeal Lebanese bread Cheese 2 Seasonal Fresh Fruits  1 Seasonal Vegetable	Wholemeal bread Cheese 2 Seasonal Fresh Fruits  1 Seasonal Vegetable	Wholemeal Lebanese bread Cheese 2 Seasonal Fresh Fruits  1 Seasonal Vegetable	Wholemeal bread Cheese 2 Seasonal Fresh Fruits  1 Seasonal Vegetable	Wholemeal Lebanese bread Cheese 2 Seasonal Fresh Fruits  1 Seasonal Vegetable
<b>PUREE/MASHED AFTERNOON TEA</b>  <b>0-2s</b>	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables	Pureed/mashed Vegetables

## Menu Notes

- Water is available to all children at all times throughout the day
- Milk is available during morning and afternoon tea time
- All meals and menus take into account multiculturalism
- Late snack provided at 5pm

**Reference:** Caring for children Birth to Five years (Food, Nutrition and learning experience) NSW Ministry of Health Fifth Edition 2014  
Get up and grow: Healthy Eating and Physical activity for early childhood  
Australian Government Department of Health 2009