

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Yoghurt and toast Milk & water offered	Custard with Banana Milk and Water offered	Fruit & toast Milk and water offered	Fruit & toast Milk and water offered	Baked beans & spaghetti on wholemeal toast Milk & water offered
6-12 month variation	Yoghurt & toast fingers	Mash banana with custard	Stewed fruits toast fingers	Yoghurt & appropriate fruit pieces such as banana or watermelon Toast fingers	Toast fingers with spaghetti or baked beans
Ingredients	Yoghurt Wholemeal bread	Banana and custard	Seasonal fruits see below wholemeal bread	Seasonal fruits see below wholemeal bread	Wholemeal bread Reduced salt tin: spaghetti and baked beans
Lunch	Savoury Chilean Mince with brown rice and vegetables- corn peas beans carrots Milk and water offered	Potato & sausage upside pie with vegetables and pasta Milk and water offered	Chicken Soft tacos Milk & water offered	Beef & Vegetable stir fry with rice Milk & water offered	Tuna Mornay with wholemeal pasta and vegetables Milk & water offered
6-12 month variation	Chilean Mince vegetables and brown rice mashed/puree	Mashed/puree potato & sausage pie with pasta	Chicken mince and puree vegetables soft taco bread	Puree/chopped beef & vegetable stir fry & brown rice	Pure/mash tuna mornay with pasta and vegetables
Ingredients	Lean beef mince See recipe and as stated above other ingredients	See recipe plus corn, carrots, peas, broccoli and pasta Sausages are skin free	Lean Chicken breast mince seasoned, tomatoes, carrots, lettuce cheese Soft taco shells	Lean Beef strips, broccoli, carrots, snow peas, capsicum, with oyster sauce, brown rice	See recipe
Afternoon Tea	Fresh Fruit platter & vegetable platter Water to drink	Vegetable and fruit platter with wholemeal bread Water to drink	Rice crackers (plain) with cheese, tomato, dried apricots and capsicum pieces Water to drink	Lebanese bread with cottage cheese & grated carrot, vegemite Water to drink	Fresh fruit platter and vegetable platter Water to drink
6-12 month variations	Puree apples or pears mash banana	Stewed fruits	Yoghurt	Puree fruit	Mash banana/bread fingers
Ingredients	See below for fruit & vegetable platters Stated above for other ingredients	Seasonal fruit & vegetable see below	As stated above	As stated above	lettuce, shaved ham 97%fat free, chicken(roasted),cheese, tomato, vegemite
Late afternoon snack	Wheat bix with topping such as vegemite or butter	Rice crackers (plain) & cheese	Breadstick with cheese or tomato topping	Dried apples, apricots, sultanas	Vita wheat crackers multigrain with vegemite & cheese spread