



WEEK 5 MENU 12 MTHS - 5 YRS

C-CEREAL, F-FRUIT, D-DAIRY, V-VEGETABLE, P-PROTEIN






DAY DAILY TOTALS	MONDAY F-1 D-2 C-2 V-2 P-1	TUESDAY F-1 D-2 C-3 V-2 P-1	WEDNESDAY 1-2 D-2 C-3 V-2 P-1	THURSDAY F-1 D-3 C-2 V-2 P-1	FRIDAY F-1 D-2 C-3 V-2 P-1
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Morning Tea	Bircher muesli and Berries with Fresh Fruit platters CFD 	Wholemeal Crumpets or Muffins with Cheese and Vegemite & Fresh Fruit FCD	Banana topped Weet-Bix & Fresh fruit Platter CDF 	Creamy Vanilla Greek Yogurt with Fresh fruit and Vegetable platters DFV 	Baked beans and Wholemeal toast with fresh fruit VFC 
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Beverage D	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
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Lunch	Mexican Beef Lasagne and Garden Salad VCDP 	Vegetable packed Tomato Gnocchi and Steamed Vegetables VPCVD 	Beef Stroganoff with Brown Rice and Vegies DPVVCV 	Make your own Hamburgers with Cheese and Salad PVCD 	Chicken and Sun dried tomato Pasta Bake with Vegetables DVPVC
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Beverage	Water	Water	Water	Water	Water
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Afternoon Tea	Spinach and cheese Muffins or Rice cakes with spreads VDC 	Assorted Wholemeal Sandwiches CD	Vegetable crudities with Cheese, dip and Biscuits VDC 	Cheese and Vegemite Scrolls CD 	Healthy Fruity oat slice or Corn bicis and cheese DCF
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Beverage D	Water/Milk	Water/Milk	Water/Milk	Water/Milk	Water/Milk
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Late snack 	Yogurt/Fruit or Dried fruit /Rice Crackers	Yogurt/Fruit or Dried fruit /Rice Crackers	Yogurt/Fruit or Dried fruit /Rice Crackers	Yogurt/Fruit or Dried fruit /Rice Crackers	Yogurt/Fruit or Dried fruit /Rice Crackers
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