BALMORAL HOUSE
PRIVATE PRESCHOOL

WEEK ONE MENU

Week 1		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	FOOD	**Vanilla Yoghurt with a Seasonal Fruit Platter**	**Raisin Toast with Cream Cheese Spread**	**Blueberry Oat Smoothie with Seasonal Fruit Platter**	**Rainbow Fruit and Veggie Platter**	**Scrambled Eggs on Wholemeal Toast**
	Nursery	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree
	Drink	Water	Water	Water	Water	Water
Lunch	FOOD	**Teriyaki Chicken Salad Bowls** (Chicken, Rice, Avocado, Mayonnaise and Teriyaki Sauce)	**Slow Cooked Beef Ragu** (Beef, Onion, Tomatoes, Carrot, Celery, Garlic and Wholemeal Pasta)	**Creamy Chicken Pesto with Mash** (Chicken, Basil Pesto, Spinach, Sundried Tomatoes and Garlic)	**Assorted Sandwich Platter** (Fillings – Roast Chicken, Roast Beef, Vegemite, Jam, Honey, Egg, Tuna, Cheese	**Mild Curried Sausages with Brown Rice**
	Nursery	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree
	Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
Afternoon Tea	FOOD	**Fresh Avocado Dip with Wholemeal Grissini sticks**	**Homemade Vegemite Scrolls**	**Veggie Sticks, French Onion Dip and Wholegrain Crackers**	**Freshly made Milo and Banana Muffins**	**Air-popped Honey Popcorn with Fruit Skewers**
	Nursery	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree
	Drink	Water	Water	Water	Water	Water

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WEEK TWO MENU

Week 2		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	FOOD	**Seasonal Fruit and Veggie Sticks with Freshly made Dip**	**Wholemeal Cruskits with Cheese Slices and Fresh Fruit Platter**	**Blueberry Pancakes with Fruit and Yoghurt**	**Rice Crackers, Cheese Cubes and Dried Fruit Platter**	**Fruit Smoothie served with Crackers and Dip**
	Nursery	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree
	Drink	Water	Water	Water	Water	Water
Lunch	FOOD	**Assorted Sandwiches** (Fillings – Roast Chicken, Roast Beef, Vegemite, Jam, Honey, Egg, Tuna, Cheese)	**Pasta Bolognaise** (Lean Beef Mince, Tomatoes, Onion, Garlic, Carrot, Zucchini and Wholemeal Pasta)	**Chicken and Veggie Risotto** (Chicken, Mushroom, Pumpkin and Rice)	**Tuna Mornay** (Tuna, Wholemeal Pasta, Cheese, Mixed Vegetables, Onion and Garlic)	**Homemade Shepherd's Pie**
	Nursery	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree
	Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
Afternoon Tea	FOOD	**Fruit Smoothie with Sultana Cookies**	**Poached Pears served with Vanilla Bean Custard**	**Rainbow Platter** Seasonal Fruit and Veggies	**Banana, Honey and Cinnamon Muffins**	**Freshly Made Banana Bread**
	Nursery	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree
	Drink	Water	Water	Water	Water	Water

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Week Three Menu

Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	**Baked Beans on Wholemeal Toast**	**Crumpets with Spreads** (jam, Vegemite, Cream Cheese, Honey)	**Vegetable Stick Platter served with Homemade dip**	**English Muffins with Fresh Avocado and cream cheese**	**Vanilla Yoghurt with Fresh Fruit**
Nursery	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree
Lunch	**Vegetable Frittata served with a Melody of Mixed Vegetables**	**Chicken and Zucchini Sliders served with a Garden Salad**	**Assorted Sandwich Platter** (Fillings – Roast Chicken, Roast Beef, Vegemite, Jam, Honey, Egg, Tuna, Cheese)	**Homemade Beef Lasagne with Hidden Vegetables**	**Homemade Chicken Nuggets with Mixed Vegetables**
Nursery	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree
Afternoon Tea	**Rainbow Platter** Seasonal Fruit and Vegetable sticks	**Coconut and Raspberry Muffins**	**Fresh Fruit Platter with Homemade Shortbread**	**Apple Turnovers**	**Blueberry and Banana Loaf**
Nursery	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree

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WEEK FOUR MENU

Week 4		Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	FOOD	**Fruit Smoothie served with Rice Crackers and Cheese cubes**	**Dried fruit Platter served with Wholegrain Crackers**	**Multigrain Toast with Cream Cheese and Fruit**	**Fresh Fruit served with Water Crackers and Cheese Cubes**	**Fresh Fruit and Veggie Stick platter**
	Nursery	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree
	Drink	Water	Water	Water	Water	Water
Lunch	FOOD	**Chicken and Broccoli Creamy Wholemeal Pasta**	**Salmon and Corn Patties served with Couscous Salad**	**Beef Stroganoff Served on Mashed Potato**	**Homemade Sausage Rolls with Hidden Vegetables**	**Assorted Sandwich Platter** (Fillings – Roast Chicken, Roast Beef, Vegemite, Jam, Honey, Egg, Tuna, Cheese
	Nursery	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree	Mixed Vegetable Puree
	Drink	Water or Milk	Water or Milk	Water or Milk	Water or Milk	Water or Milk
Afternoon Tea	FOOD	**Freshly made Pikelets with a Seasonal Fruit Platter**	**Nut Free Homemade Muesli Bars with Veggie Stick Platter**	**Fresh Seasonal Fruit served with Vanilla Yoghurt**	**Rice Cakes with Cream Cheese and Avocado Spread**	**Orange and Coconut cookies**
	Nursery	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree	Mixed Fruit Puree
	Drink	Water	Water	Water	Water	Water