



Woodlands Autumn/Winter Menu.



Summary of the Menu planning guidelines:

Morning tea, lunch and afternoon tea should provide 1-5 year old children with around half of their recommended daily intake from the five 'core' food groups.

The five core food groups include:

- Fruit
- vegetables and legumes
- grain (cereal) foods
- milk, yoghurt, cheese and/or alternatives
- lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans
- Sources of added fat, sugar and salt should be limited.

Water should be the main drink provided. Menus that include breakfast and/or a late afternoon snack will need to offer additional foods and drinks based on the five core food groups.

The guidelines also provide guidance on catering for food variety, allergies, and more.

A balanced menu will ensure:

- Supports children's growth and development, mental/physical wellbeing, and oral health. Children will learn better and be more alert when they eat well
- Reduces children's risk of developing nutrition-related chronic conditions later in life and Supports children's overall behaviour and wellbeing.

<https://raisingchildren.net.au/toddlers/nutrition-fitness/daily-food-guides/babies-toddlers-food-groups>

<https://nutritionaustralia.org/app/uploads/2022/03/Australian-Dietary-Guidelines-Recommended-daily-intakes.pdf>



Woodlands Autumn/Winter Menu.



Grain (cereal) foods - Offer 2 children's serves of grain (cereal) foods per child per day.

Vegetables and legumes/beans - Offer 1–1½ children's serves (2–3 different types) of vegetables** and legumes/beans per child per day.

Fruit - Offer 1 children's serve of fruit per child per day (2–3 different types). Limit dried fruit to once per week.

Lean meat and poultry, fish, eggs, tofu, nuts and seeds and legumes/beans Offer 1 children's serve of lean meat, poultry, fish or vegetarian alternatives per child per day.

Dairy - Milk, yoghurt, cheese and/or alternatives Offer 2 children's servings of milk, yoghurt, cheese and/or calcium fortified alternatives per child per day.

Lean meat and poultry, fish, eggs, tofu, nuts - and seeds and legumes/beans Offer 1 children's serve of lean meat, poultry, fish or vegetarian alternatives per child per day. Lean red meat should be served 4 times per fortnight, lean pork or poultry 2 times per fortnight and fish 1–2 times per fortnight (preferably 2).

Vegetarian meals:

Include vegetarian meals on the menu at least once per fortnight (preferably 2 times).



Woodlands Autumn/Winter Menu.



Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk
Morning Tea	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.
Lunch Served with fresh fruit.	Vegetarian Lasagne bake Zucchini, mushrooms, capsicum, fresh spinach, pasta sheets, tofu, passata, red lentil, basil and shredded cheese.	White fish green curry with Steamed rice. (Snapper or sea bass), carrot, onion, kaffir lime leaf, ginger, garlic, coconut milk, zucchini, green long beans.	Beef stew with mashed potato Diced beef, red lentil, carrot, onion, mushroom, campicum, parsley, passata sauce, beef stock. Potato, butter, and milk. (V) Carrot, onion, brown lentils, mushroom, campicum, parsley, passata sauce, Vegetable stock. Potato, butter, and milk	Chicken and roast vegetable wrap, with roast potato chips. Roast vegetable tapenade grilled chicken and shredded cheese, washed potato and sweet potato. Grilled veg (onion, campicum, mushroom), fresh tomato, carrot, green leaf salad).	Spinach, beef and ricotta pastry pie puff pastry, tomato paste, beef mince, spinach, capsicum, shredded, ricotta, shredded cheese (V) - Instead of beef add tofu
Afternoon Tea	Savoury Platter Selection of cucumber, carrot, celery, sultanas, dried apricots, cheese, turkish or pita bread, dip served with Milk.	Apple, carrot and banana pancake with seasonal fruit and dice cheese. Diced apple, shredded carrot, fresh banana, plain flour, milk, tasty cheese diced.	Bruschetta with cheese sticks. With cheese, dice tasty cheese, tomato and basil.	Fresh fruit with Yoghurt and honey oats. Selection of fruit with yoghurt and honey rolled oats No honey under 12 months babies give banana	Mixed Berry Muffins and seasonal fruit, veggie sticks and milk. Mixed berries, banana, yoghurt, coconut, sliced apple and green pear. 500g r.oats
Late Snack	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit	Seasonal Fresh Fruit



Woodlands Autumn/Winter Menu.



	Served with Crackers	Served with Crackers	Served with Crackers	Served with Crackers	Served with Crackers
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk
Morning Tea	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.
Lunch Served with fresh fruit.	Lamb Korma with couscous Lamb, onion, carrot, potato, garlic, cumin, coriander powder, greek yoghurt, tomato paste, vegetable stock. Steam couscous.	Penne Bolognese Beef, passata, carrot, celery, brown pasta Penne Lentil Bolognese (V) Lentils, passata, carrot, celery, brown pasta.	Chicken, pumpkin, spinach, creamy risotto. Dice chicken, carrot, pumpkin, fresh spinach, arborio rice, vegetable stock, parmesan cheese.	Pumpkin soup with crusty cheesy garlic bread. Pumpkin, lentils, risoni pasta, potato, sweet potato, onion, garlic. Bread, garlic, nuttelex, garlic, mozzarella cheese (optional).	Roast chicken with roast root vegetables and steamed rice Chicken drumsticks and thighs, carrot, potato, pumpkin, steam broccoli, with crusted italian herb bread
Afternoon Tea	Fruit bread with sliced apples served with milk	Fresh fruit with Yoghurt Selection of fruit with yoghurt and honey rolled oats No honey under 12 months babies give banana	Brownies. Zucchini and vegan choc chips served with milk.	Savoury Platter Selection of cucumber, carrot, celery, sultanas, dried apricots, cheese, plain crackers rice/corn cakes, dip served with Milk	Spinach, feta and ricotta scrolls. Puff pastry, Spinach, feta and ricotta.
Late Snack	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers



Woodlands Autumn/Winter Menu.



Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk
Morning Tea	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.
Lunch Served with fresh fruit.	Chicken Stir Fry with rice noodles Chicken, capsicum, cabbage, mushroom, corn, beans, rice noodles Tofu Stir Fry with rice noodles(V) Tofu, capsicum, corn, beans, rice noodles	Lamb Kofta with couscous. Lamb, onion, carrot, chickpeas, couscous, potato, parsley and fresh diced tomato.	Dahl with pita bread. Red lentils, potato, garlic, onion, veg stock, cumin, garam masala, carrot, spinach, tin tomato chickpeas, parsley, coconut cream or normal cream	Beef and Kidney Bean Chilli Con Carne with steamed brown rice. Beef, onion, tomato, kidney beans, capsicum Kidney Bean Chilli Con Carne with Brown rice (V) Onion, tomato, kidney beans, capsicum	Fish of the day with steamed warm potato salad. <b style="color: purple;">Chef's special
Afternoon Tea	Vegetable and Cheese Platter Selection of carrot, yellow capsicum, green capsicum, apple, tasty cheese, plain crackers, rice/corn cakes, dip served with Milk	Savoury Platter Selection of cucumber, carrot, celery, sultanas, dried apricots, cheese, plain crackers rice/corn cakes, dip served with Milk	Fresh fruit with Yoghurt Selection of fruit with yoghurt and honey rolled oats No honey under 12 months babies give banana	Banana bread and seasonal fruit orange and pear. served with milk.	Corn cobs with homemade tortilla chips and hummus dip along with cheese and carrot sticks.



Woodlands Autumn/Winter Menu.



Late Snack	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers
-------------------	---	---	---	---	---

Week 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk	Wholegrain cereals, Wholemeal toast, Milk
Morning Tea	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.	Seasonal Fresh Fruit Served with Milk or a fruit smoothie.
Lunch Served with fresh fruit.	<p>Tuna, Tomato & Spinach Bake. Tuna, pasta macaroni, spinach, tomato, cheese, pease and corn.</p> <p>Tomato & Spinach Bake (V) Spinach, black beans, pasta, tomato, cheese.</p>	<p>Chicken cacciatore with steamed brown rice. Chicken, capsicum, onion, olives, mushroom, cannellini beans, spinach, passata sauce.</p> <p>(V) cannellini bean and chickpea cacciatore with steamed brown rice.</p>	<p>Beef shepherd's pie with vegetables. Beef mince, carrot, peas, corn, passata sauce, potato.</p> <p>(V) Vegetable shepherd's pie</p>	<p>Lamb Meatballs in red sauce with toasted Turkish bread. Lamb, cheese, potato, corn, carrot, peas, passata sauce base.</p> <p>Cheese, tofu, Veggie Balls toasted Turkish bread. (V) Cheese, potato, corn, peas, tofu, kidney beans, chickpeas</p>	<p>Vegetable Minestrone with crusty cheesy garlic bread. Carrot, red lentil, pasta, capsicum, zucchini, mushrooms, cannellini beans. Bread, garlic, cheese.</p>
Afternoon Tea	<p>Fresh fruit with Yoghurt Selection of fruit with yoghurt and honey rolled oats No honey under 12 months babies give</p>	<p>Carrot and dates slice. Serve with milk and apples. Grated carrots, dried dates, banana, plain flour, egg replaces, sliced apples.</p>	<p>Savoury Platter Selection of cucumber, carrot, celery, sultanas, dried apricots, cheese, plain crackers rice/corn cakes, dip served with Milk.</p>	<p>Vegemite and cheese english muffins.</p>	<p>Vegetable and Cheese Platter Selection of carrot, yellow capsicum, green capsicum, apple, tasty cheese, crispy pita bread, dip served with Milk.</p>



Woodlands Autumn/Winter Menu.



	banana				
Late Snack	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers	Seasonal Fresh Fruit Served with Crackers