

Autumn – Winter 2025

Luk, Waring & Guling



WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet-Bix, Oats) or Wholemeal toast with spreads. Milk and Dairy free options				
Morning Tea	<p style="text-align: center;">Seasonal Fresh fruit</p> <p style="text-align: center;">A minimum of 4 fruit varieties served every day and minimum of 5 fruit varieties will be served across the week</p>				
Lunch Served with tap water	<p>Colombian Rice with chicken</p> <p>Chicken, rice, tomato, onion, garlic, corn, peas, carrot, capsicum, coriander, green beans</p>	<p>Mongolian Beef Noodles</p> <p>Beef mince, hokkien noodles, onion, carrot, celery, broccoli, capsicum, ginger</p>	<p>“Harira” Spiced Lamb, Lentil & Chickpea Soup with Barley</p> <p>Lamb, onion, carrots, sweet potato, garlic, tomato, celery, chickpeas, lentils, coriander, parsley, barley, spices</p>	<p>Broccoli, Bean, Quinoa & Cheese Casserole</p> <p>Quinoa, broccoli, cauliflower, onion, carrot, corn, garlic, cannellini beans, milk, flour, cheese.</p>	<p>Tuna Pasta with Tomato & Spinach</p> <p>Tuna, pasta, onion, garlic, tomato, spinach, parsley, mushroom, carrots, zucchini, corn</p>
Vegetarian option	Colombian Rice with Chickpeas	Tofu and Veggie Stir-Fry with Noodles	Moroccan Lentil and Chickpea Soup with Barley	As above	Cannellini Bean Pasta with Tomato and Spinach
Afternoon Tea	Sultana Loaf with Cheese Spread	Prune & Seed Granola Bars w/ Cheese Slices	Broccoli and Cheese Slice	Lamb Koftas w/ Lemon Myrtle Dressing	Apple and Pear Crumble with Yoghurt
Late snack	Rice crackers, orange slices and cheese				

All meals are served with tap water or milk. Water is freely available throughout the day. A variety of fresh pureed vegetables and fruits are offered to babies. Foods are an appropriate texture for infants age. E.g. mashed, lumpy, chopped, finger foods. Children with allergies or food intolerances are provided a tailored version of the regular menu to suit their individual needs.

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WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet-Bix, Oats) or Wholemeal toast with spreads. Milk and Dairy free options				
Morning Tea	<p style="text-align: center;">Seasonal Fresh fruit</p> <p>A minimum of 4 fruit varieties served every day and minimum of 5 fruit varieties will be served across the week</p>				
Lunch Served with tap water	<p>Beef “Chilli con Carne” with Beans & Brown Rice</p> <p>Beef mince, brown rice, kidney beans, tomato, sweet potato, carrot, capsicum, garlic & onion</p>	<p>Lentil Curry with Fragrant Spices Served with Cous Cous</p> <p>Lentils, carrot, zucchini, potato, green beans, onion, garlic, ginger, tomato paste, coconut milk, coriander, couscous</p>	<p>Tuna Mornay with Veggies & Pasta</p> <p>Tuna, pasta, garlic, onion, flour, milk, carrots, peas, corn, broccoli, parmesan cheese, oregano, parsley</p>	<p>Butter Chicken w/ Rich Tomato Sauce and Basmati Rice</p> <p>Chicken, onion, capsicum, tomato, sunflower seeds, sweet potato, carrots, green beans, potato, garlic, ginger, coconut milk, rice</p>	<p>Traditional Irish Lamb Stew served with Barley</p> <p>Lamb, potato, carrot, leek, onion, celery, garlic, coriander, cabbage, barley, rosemary & bay leaves</p>
Vegetarian option	Kidney beans “Chilli con Carne” with Brown Rice	As above	Vegetable Pasta with Mornay Sauce	Butter Chickpeas with Basmati Rice	Irish Lentil Stew with Barley
Afternoon Tea	Orange Scones with Jam and Ricotta Cheese	Turkish Beef and Cheese Pizza	Beetroot Brownies served with Yoghurt	Sweetcorn bread and cheese slices	Davidson Plum and Oat Biscuits
Late snack	Rice crackers, orange slices and Cheese				

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WEEK 3	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet-Bix, Oats) or Wholemeal toast with spreads. Milk and Dairy free options				
Morning Tea	<p style="text-align: center;">Seasonal Fresh fruit</p> <p>A minimum of 4 fruit varieties served every day and minimum of 5 fruit varieties will be served across the week</p>				
Lunch Served with tap water	<p>Fish Schnitzel w/ Quinoa Salad</p> <p>White fish, panko breadcrumbs, flour, rice milk, garlic, quinoa, red capsicum, cucumber, corn, carrot, celery, vinegar</p>	<p>Lamb Curry w/ Sweet Potato & Steamed Rice</p> <p>Lamb, onion, celery, garlic, coconut milk, tomato paste, carrots, potato, parsnip, sweet potato, peas, coriander, rice</p>	<p>Mediterranean Chicken w/ Fluffy CousCous</p> <p>Chicken, parsley, rosemary, onion, garlic, mushrooms, zucchini, celery, capsicum, carrot, tomato, couscous</p>	<p>Vietnamese Beef Stew w/ Noodles</p> <p>Beef, onion, carrots, sweet potato, green beans, broccoli, garlic, ginger, lemongrass, tomato paste, coriander, Thai basil, noodles</p>	<p>Pumpkin Soup w/ Freshly Baked Bread</p> <p>Pumpkin, carrot, sweet potato, onion, celery, red lentils, lemongrass, garlic, ginger, coconut milk, milk, lemon juice, flour, yeast</p>
Vegetarian option	Crumbed Tofu Fillets w/ Veggie Pasta	Coconut Lentil Curry with Steamed Rice	Mediterranean Chickpeas with Veggies & Couscous	Vietnamese Braised Mushrooms with Noodles	As above
Afternoon Tea	Vegetable Sticks w/ Dip and Pita	Spinach & Mozzarella Pinwheels	Banana Bread with Strawberry Gum & Yoghurt	Apricot, Coconut & Seed Bars with Cheese Slices	Crunchy Baked Chicken tenders
Late snack	Rice crackers, orange slices and cheese				

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WEEK 4	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Breakfast cereals (Weet-Bix, Oats) or Wholemeal toast with spreads. Milk and Dairy free options				
Morning Tea	<p style="text-align: center;">Seasonal Fresh fruit</p> <p>A minimum of 4 fruit varieties served every day and minimum of 5 fruit varieties will be served across the week</p>				
Lunch Served with tap water	<p>Lamb & Dried Fruit Tagine w/ Couscous</p> <p>Lamb, onion, ginger, garlic, tomato, potato, zucchini, carrot, green beans, dry apricots, dates, sultanas</p>	<p>Creamy Mushroom Chicken w/ Rice</p> <p>Chicken, rosemary, parsley, mushrooms, onion, garlic, corn, peas, flour, milk, parmesan, rice</p>	<p>Barley Minestrone w/ Cannellini Beans</p> <p>Onion, carrot, celery, tomato, potato, zucchini, pumpkin, green beans, peas, cannellini beans, spinach, pearl barley</p>	<p>New England Fish Chowder w/ Fresh Baked Bread</p> <p>White fish, onion, carrot, corn, peas, potato, garlic, flour, parsley, milk, yeast</p>	<p>Slow Cooked Hungarian Beef & Saltbush Goulash w/ Pasta</p> <p>Beef, onion, mushrooms, red capsicum, carrot, potato, pumpkin, garlic, paprika, tomato</p>
Vegetarian option	Rich Lentil and Apricot Tagine w/ Couscous	Creamy Mushroom and Parmesan Pasta	As above	Bean Chowder with Freshly Baked Bread	Hungarian Kidney Bean Goulash w/ Rice
Afternoon Tea	Bircher Muesli w/ Fruit and Seeds	Carrot and Blueberry Cake	Lamb Pide w/ Middle Eastern Spices	Chickpea and Date Biscuits	Italian Mandarin Cake
Late snack	Rice crackers, orange slices and cheese				

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