Little Sunflower Kids Family Home Daycare fall winter menu

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| **WEEK 1**  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
| **MORNING TEA** | Food  | Fresh fruit platter (apples, bananas)  | Lemon yoghurt | Carrot muffins | Fresh fruit platter (plums,bananas)  | Rainbow platter (banana, beans, celery)  |
| Drink  | Milk and water  | Milk and water  | Milk and water  | Milk and water  | Milk and water  |
| **LUNCH** | Food (include ingredient details)  | **Pasta with homemade tomato sauce**(Mainingredients: onion, celery, carrot, parsley, tomato) | Chicken soup with potatoes(Main ingredients: chicken thighs, cabbage, potatoes, parsley, onions)  | [**Bean**](http://heas.health.vic.gov.au/early-childhood-services/recipes/chilli-con-carne-rice) **soup with pasta**(Main ingredients:, onion, beans, tomato, pasta)  | Egg salad with celery rolled in a soft tortilla(Main ingredients: egg, mayonnaise, celery)  | [**Pumpkin carrot soup**](http://heas.health.vic.gov.au/early-childhood-services/recipes/pumpkin-soup) served with pita |
| Drink  | Water  | Water  | Water  | Water  | Water  |
| **AFTERNOON TEA** | Food  | Carrot muffins | Fresh apple slices and peanut butter | Boiled egg with pita triangles, cucumber sticks | Fresh apple slices and peanut butter | Crackers and cheese cubes |
| Drink  | Milk and water  | Milk and water  | Milk and water  | Milk and water  | Milk and water  |
| **Water**  | Water is freely available throughout the day  |
| **Infants (eating solids)**  | A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, eggs), fruit, vegetables, grains and milk products. Foods are an appropriate texture for infants’ age (e.g. mashed, lumpy, chopped, finger foods).  |

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| **WEEK 2**  | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
| **MORNING TEA** | Food  | Cinnamon yoghurt dip with bananas and pear | Fresh fruit platter (apples, oranges)  | Fresh fruit platter (pear, apple)  | English muffins with peanut butter and banana slices | Nutritious dry cereal with milk |
| Drink  | Milk and water  | Milk and water  | Milk and water  | Milk and water  | Milk and water  |
| **LUNCH** | Food (include ingredient details)  | Home made aglio e olio with whole wheat pasta (Main ingredients: pasta, olive oil, parsley, onion, garlic) | Mashed potatoes pork loin and steamed veggies(Main ingredients: pork, various veggies, potatoes) | Cream of broccoli with pita on the side (wholemeal pita, broccoli, milk, cheese)  | Homemade tomato sauce with pasta  | Tuna spread, carrot sticks on toast |
| Drink  | Water  | Water  | Water  | Water  | Water  |
| **AFTERNOON TEA** | Food  | Boiled eggs and toast  | [**Rice cakes**](http://heas.health.vic.gov.au/early-childhood-services/Food-drink-ideas/grainy-goodies-for-kids#fresh) and jam | Whole wheat crackers and cheddar cheese cubes | Homemade granola bar (oats,honey,peanut butter, cinnamon, almonds) | Pumpkin muffin |
| Drink  | Milk and water  | Milk and water  | Milk and water  | Milk and water  | Milk and water  |
| **Water**  | Water is freely available throughout the day  |
| **Infants (eating solids)**  | A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu, eggs), fruit, vegetables, grains and milk products. Foods are an appropriate texture for infants’ age (e.g. mashed, lumpy, chopped, finger foods).  |

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| **WEEK 3** | **MONDAY**  | **TUESDAY**  | **WEDNESDAY**  | **THURSDAY**  | **FRIDAY**  |
| **MORNING TEA** | Food  | Nutritious cereal with milk and sliced oranges | Fresh fruit platter (apples)  | Applesauce and cheese cubes  | Oatmeal with peanut butter | Apple wedges with peanut butter |
| Drink  | Water  | Milk and water  | Milk and water  | Milk and water  | Milk and water  |
| **LUNCH** | Food (include ingredient details)  | Cabbage soup with ground turkey/chicken( Main ingredients: lean ground turkey, whole wheat pasta, cabbage, celery) | Egg salad on toast | Rice stir-fry with beets and broccoli | Homemade bean tomato soup topped with grated cheese (Main ingredients: pita triangles, tomato, kidney beans, milk, cheese)   | Macaroni and cheese (Main ingredients: pasta, cheese,)  With cooked carrots on the side |
| Drink  | Water  | Water  | Water  | Water  | Water  |
| **AFTERNOON TEA** | Food  | Carrot sticks and crackers  | Homemade oat granola bar | Cheese cubes and crackers | Strawberry yoghurt  | Crackers and cheese |
| Drink  | Milk and water  | Milk and water  | Milk and water  | Water  | Milk and water  |
| **Water**  | Water is freely available throughout the day  |
| **Infants (eating solids)**  | A variety of healthy foods are offered every day including iron-rich foods (meat, poultry, fish, legumes/beans, tofu and eggs), fruit, vegetables, grains and milk products. Foods are an appropriate texture for infants’ age (e.g. mashed, lumpy, chopped, finger foods).  |