Little Sunflower Kids Family Home Daycare fall winter menu

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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**  (Main  ingredients: 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). | | | | |

Little Sunflower Kids Family Home Daycare winter menu

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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). | | | | |

Little Sunflower Kids Family Home Daycare winter menu

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **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). | | | | |