

# MENU



ADAM'S ACADEMY

## SPRING/SUMMER

### WEEK 1

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Toast, Cereals and Milk/Milo				
Morning Tea	Yoghurt, Muesli and Peaches	Wholegrain Rice Crackers, cheese, hummus and Vegetable Platter	Crumpets with spreads and fruit platter	Cruskits with cheese and vegetable platter	Raisin Toast with Cheese and Fruit platter
Lunch	Lentil and Vegetable Pasta Bake	Beef Bolognaise with hidden Vegetable	Chicken fingers with sweet corn dip, pita bread and vegetable platter	Beef Tacos with wraps and salad	Lamb and Noodle Hot Pot
Vegetarian Option	Lentil and Vegetable Pasta Bake 	Lentil bolognaise 	Tofu fingers with sweet corn dip, pita bread and vegetable platter 	Mixed Bean Tacos 	Tofu and Bean Noodle hot pot 
Afternoon Tea	Mixed Spread Sandwiches with Vegetable Platter	Custard and Frozen berries	Vitaweats with Cream cheese and vegetable platter	Banana Pikelets with Fruit platter	Cheese and Vegemite scrolls with Vegetable Platter
Late Snack	Wholegrain crackers and Cheese				

Menu is designed to meet the recommended criteria of the Australian dietary guidelines and the national quality standards. Menu provides a minimum of 50% of the RDI of all nutrients required for each day in care.

Water to be served with all meals and offered throughout the day.

# MENU



ADAM'S ACADEMY

## SPRING/SUMMER

### WEEK 2

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Toast, Cereals and Milk/Milo				
Morning Tea	Mini Cheese Pizzas with Vegetable platter	Sourdough Saladas with spreads and fruit platter	Pita Bread, cheese, Beetroot hummus and Vegetable Platter	Yoghurt and Fresh fruit salad and oats	Baked Beans with wholemeal toast and fruit platter
Lunch	Lamb Stroganoff with pasta	Chicken and Vegetable Ragout with Rice	Crumbed Fish with Brown Rice and Vegetables	Lamb Meatballs in sauce with pasta	Beef Curry with Rice
Vegetarian Option	Lentil Stroganoff 	Chickpea and Vegetable ragout with rice 	Crumbed Tofu with brown rice and Vegetables 	Falafel Balls in sauce with pasta 	Sweet lentil and vegetable curry with rice 
Afternoon Tea	Banana Pudding and berries	Vegetable platter, cheese, dried fruit of sultanas/ apricots with Hummus	Ham cheese and tomato pizza scrolls and fruit	Homemade Banana Muffins with Vegetable Platter	Wholegrain crackers with vegetable platter and hummus
Late Snack	Wholegrain crackers and Cheese				

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## SPRING/SUMMER

### WEEK 3

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Toast, Cereals and Milk/Milo				
Morning Tea	Yoghurt, Muesli and Peaches	Wholegrain Rice Crackers, cheese, hummus and Vegetable Platter	Crumpets with spreads and fruit platter	Cruskits with cheese and vegetable platter	Raisin Toast with Cheese and Fruit platter
Lunch	Thai fish curry and rice	Beef Lasagne with Salad	Tandoori Chicken with vegetables and rice	Sausage hot pot with pasta and vegetables	Mixed Meat sandwiches with cheese and salad platter
Vegetarian Option	Tofu curry with Rice	Lentil Lasagne with salad	Tandoori Chickpeas and vegetables with Rice	Tofu hot pot with pasta and vegetables	Hummus and Sald sandwiches with cheese
Afternoon Tea	Mixed Spread Sandwiches with Vegetable Platter	Custard and Frozen berries	Vitaweats with Cream cheese and vegetable platter	Banana Pikelets with Fruit platter	Cheese and Vegemite scrolls with Vegetable Platter
Late Snack	Wholegrain crackers and Cheese				

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ADAM'S ACADEMY

## SPRING/SUMMER

### WEEK 4

MEAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Toast, Cereals and Milk/Milo				
Morning Tea	Mini Cheese Pizzas with Vegetable platter	Sourdough Saladas with spreads and fruit platter	Pita bread , cheese, beetroot hummus and Vegetable Platter	Yoghurt and Fresh fruit salad and oats	Baked Beans with wholemeal toast and fruit platter
Lunch	Chicken wraps with salad selection	Lamb burgers with Potato, carrot and broccoli	Mixed meat sandwiches with vegetable and cheese platter	Salmon Patties with Potato carrots and broccoli	Beef and vegetable Ragu with pasta
Vegetarian Option	Falafel Wraps with salad selection 	Hummus sandwiches with vegetable and cheese platter 	Hummus sandwiches with vegetable and cheese platter 	Chickpea patties with potato broccoli and carrots 	Tofu and vegetable ragu with pasta 
Afternoon Tea	Banana Pudding and berries	Vegetable platter, cheese, dried fruit of sultanas/apricots	Ham cheese and tomato pizza scrolls and fruit	Homemade Banana Muffins with Vegetable Platter	Wholegrain crackers with vegetable platter and hummus
Late Snack	Wholegrain crackers and Cheese				

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