

Menu

WEEK 1:

Babies = 1-3 years

Kids = 3 - 5 years

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Yogurt Sandwich & Butter	Fruit Sandwich & Butter	Yogurt	Fruit Sandwich & Butter	½ Egg Sandwich & Butter
BABIES	1 Yogurt	½ per child		½ per child	1portion+sandwich
KIDS	1Yogurt+sandwich	½ fruit + sandwich		½ Fruit + sandwich	1portion+sandwich
Protein	Bolognaise	Chicken ala King	Fish Cakes	Chicken Stew	Savoury Mince
BABIES	100 ml per child	100 ml per child	½ Each	100 ml per child	100 ml per child
KIDS	125 ml per child	125ml per child	1 Each	125 ml per child	125 ml per child
Starch	Spaghetti	Rice	Mash potatoes	Macaroni	Rice
BABIES	80 ml per child	80 ml per child	80ml per child	80 ml per child	80 ml per child
KIDS	100 ml per child	100 ml per child	100 ml per child	100 ml per child	100 ml per child
Vegetables	Mixed veggies	Pumpkin	Peas	Cubed Carrots	Sweet Potatoes
BABIES	50 ml per child	50 ml per child	50 ml per child	50 ml per child	50 ml per child
KIDS	80 ml per child	80 ml per child	80 ml per child	80 ml per child	80 ml per child
Snack	Fruit	Jam sandwich	Butter sandwich	Peanut butter sandwich	Butter Sandwich
BABIES	½ per child	1 per child	1 per child	1 per child	1 per child
KIDS	½ per child	1 per child	1 per child	1 per child	1 per child

WEEK 2:

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Snack	Yogurt Sandwich & Butter	Fruit Sandwich & Butter	Yogurt	Fruit Sandwich & Butter	½ Egg Sandwich & Butter
BABIES	1 Yogurt	½ per child		½ per child	1portion+sandwich
KIDS	1Yogurt+Sandwich	½ Fruit + sandwich		½ Fruit + Sandwich	1portion+sandwich
Protein	Fish Cake	Chicken Stew	Bolognaise	Chicken nuggets	Macaroni and cheese
BABIES	½ per child	100 ml per child	100 ml per child	2 per child	
KIDS	1 per child	125 ml per child	125 ml per child	3 per child	
Starch	Mash Potatoes	Rice	Spaghetti	Rice	
BABIES	80 ml per child	80 ml per child	80 ml per child	80 ml per child	120 ml per child
KIDS	100 ml per child	100 ml per child	100 ml per child	100 ml per child	150 ml per child
Vegetables	Pumpkin	Stewed Carrots	Peas	Sweet potatoes	Mixed Vegetables
BABIES	50 ml per child	50 ml per child	50 ml per child	50 ml per child	50 ml per child
KIDS	80 ml per child	80 ml per child	80 ml per child	80 ml per child	80 ml per child
Snack	Fruit	Jam sandwich	Butter sandwich	Peanut butter sandwich	Butter Sandwiches
BABIES	½ per child	1 per child	1 per child	1 per child	1 per child
KIDS	½ per child	1 per child	1 per child	1 per child	1 per child