



MILESTONE MENU - WEEK ONE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weetbix or Wholemeal Toast				
MORNING TEA	Mixed Seasonal Fruit Platters				
LUNCH	Tuna Pasta Bake with Corn Cobs DFO GFO VO	Savoury Mince with Roast Potato and Pumpkin DF GF VO	Curried Sausages with Rice Noodles DF GF VO	Red Lentil Bolognese with Wholemeal Pasta DF GFO V	Chicken and Vegetable Soup DF GFO VO
AFTERNOON TEA	Yoghurt and Fruit Fruit & Veg Platter DFO GF V	Cheese, Sultanas & Vegetable Sticks Fruit & Veg Platter DFO GF V	Cruskits with Cream Cheese Fruit & Veg Platter DFO GF V	Wholemeal Blueberry Muffins Fruit & Veg Platter DF GFO V	Herb, Spinach & Garlic Baguette Fruit & Veg Platter DF GFO V
LATE SNACK	Apples & Pears				
DF = DAIRY FREE GF = GLUTEN FREE V = VEGETARIAN DFO = DAIRY FREE OPTION GFO = GLUTEN FREE OPTION VO = VEGETARIAN OPTION					



MILESTONE MENU - WEEK TWO



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weetbix or Wholemeal Toast				
MORNING TEA	Mixed Seasonal Fruit Platters				
LUNCH	Chicken Stir-Fry with Hokkien Noodles DF GFO VO	Curried Mince with Rice Noodles DF GF VO	Lamb Stew with Pumpkin and Potato Mash DF GF VO	Chinese Pork and Tofu Fried Rice DF GF VO	Butternut Squash Macaroni & Cheese with Corn Cobs DFO GFO V
AFTERNOON TEA	Pizza Scrolls Fruit & Veg Platter DFO GFO VO	Muesli and Yoghurt Cups Fruit & Veg Platter DFO GFO V	Spinach and Cheese Muffins Fruit & Veg Platter DFO GFO V	Wholemeal Raisin Bread Fruit & Veg Platter DF GFO V	Banana and Oat Slice Fruit & Veg Platter DF GFO V
LATE SNACK	Apples & Pears				
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MILESTONE MENU - WEEK THREE



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weetbix or Wholemeal Toast				
MORNING TEA	Mixed Seasonal Fruit Platters				
LUNCH	Baked Chicken & Pumpkin Risotto DF GF VO	Shepherd's Pie with Sweet Potato Mash DF GF VO	Pork & Eggplant Pasta with Corn Cobs DF GFO VO	Quinoa and Vegetable Soup DF GF V	Beef & Mushroom Casserole with Roast Vegetables DF GF VO
AFTERNOON TEA	Vegetable Sticks with Hummus Fruit & Veg Platter DF GF V	Banana and Bran Bread Fruit & Veg Platter DF GFO V	Multigrain Rice Cakes with Cheese & Ham Fruit & Veg Platter DFO GF V	Mixed Berry & Chia Seed Smoothies Fruit & Veg Platter DFO GF V	Cheesymite Scrolls Fruit & Veg Platter DFO GFO V
LATE SNACK	Apples & Pears				
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MILESTONE MENU - WEEK FOUR



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Weetbix or Wholemeal Toast				
MORNING TEA	Mixed Seasonal Fruit Platters				
LUNCH	Wholemeal Mexican Beef Wraps DF GFO VO	Butter Chicken with Basmati Rice DF GF VO	Tomato, Vegetable and Barley Soup DF GFO V	Chicken & Spinach Alfredo with Corn Cobs DFO GFO VO	Coconut Fish Curry with Brown Rice DF GF VO
AFTERNOON TEA	Fruit and Oat Smoothies Fruit & Veg Platter DFO GF V	Wholemeal Pita Bread with Tzatziki Fruit & Veg Platter DFO GFO V	Carrot and Apple Muffins Fruit & Veg Platter DF GFO V	Cheesymite Wholemeal Triangles Fruit & Veg Platter DFO GFO V	Tuna, Corn and Mayo Pinwheels Fruit & Veg Platter DF GFO VO
LATE SNACK	Apples & Pears				
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