

Hunter Valley Alphabet Academy

Weekly Menu – Week A

- All main meals are served with country fresh wholemeal bread
- Morning and afternoon tea are always complimented with a glass of low fat milk and fresh fruit
- We do not use eggs in any of our cooking and instead use tofu and a product called 'no egg'
- We recognise the importance of introducing foods slowly to our babies and we will only offer new ingredients in consultation with parents

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea Milk to drink	Mashed weetbix – just like the old days! With puree apple	Heavenly bread soldiers with whole meal bread & Jumping beans	Delicious warm date muffins	Wholesome English fruit muffins With Bananas	Bugs Bunny's Carrot and zucchini slice
	6-12 mths	Heavenly bread soldiers with whole meal bread & jumping beans	Pear, apple and banana breakfast oats	Rice pudding with puree apple	Avocado and wheat cereal – high in potassium!
Lunch Water to drink	Spanish beef with kidney beans, wholemeal pasta and steamed vegetables. Fun to eat without too much spice!	Hearty Italian minestrone soup with fresh wholemeal croutons & cheese sprinkle. Dampier roll	Beryl's Creamy shepherd's pie with golden pumpkin mash and steamed greens	Pirate Sam's Spinach and Tuna Bake with fresh garden salad sprinkled with grated carrot and cheese	Asian Style Chicken Chow Mein with mini mountains of brown rice Creamy custard
		Spinach , carrots , beans, Broccoli , corn & tomato	Potato, beans, peas, carrot, broccoli, corn cob	Spinach , lettuce, tomato, capsicum, cucumber	Cabbage, onions, beans, carrot, celery
Dessert	Creamy custard	Fruity Yoghurt	Creamy custard	Yummy Yoghurt	Creamy custard
6-12 mths	Broccoli, sweet potatoes and lentil puree	Blended hearty Italian minestrone soup	Baby beef bolognaise with golden pumpkin	Spinach, chick pea and tuna mash	Finely blended chicken with Mash vegetable & custard
Afternoon Tea Milk to drink	Fresh fruit& cheese platter Milk	Sweet and savoury platters of cheese, fresh fruit Sweet potato fingers	Creamy fruit yoghurt and dried sultanas	Apricot and cornflake cupcakes	Mini banquet of beetroot dip and pita bread Rock melon wedges
6-12 mths	Wholemeal toast fingers & custard	Banana with rice custard	Creamy fruit yoghurt	Blanched veggie sticks Apple yogurt	Banana and apple puree yogurt
LateSnack	1-5 years	Our late snack platter is a selection of rice crackers, fruit or veggie sticks			
	6-12 mths	Our late snack babies platter is a selection of rusks, bread sticks and vegetable cubes			