



CREST Children's Sanctuary Week One Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast with healthy spreads or Cereal Served with milk				
Morning Tea	Fresh Seasonal Fruit	Vanilla yoghurt and fruits	Fresh Seasonal Fruit	Vanilla yoghurt, granola with berries	Fresh Seasonal Fruit
Lunch	Vegetable fried rice (V)	Hearty chicken stew Vegetarian option available	Chilli con carne & rice Vegetarian option available	Tuna & corn pasta bake Vegetarian option available	Pasta bolognaise Vegetarian option available
Afternoon Tea	Apple cakes & Fruit plate	Banana & milo bread & Fruit plate	Raspberry & honey muffins & fruit plate	Tomato & cheese rice cakes & fruit plate	Cheesymite scrolls & Fruit plate
Late Snack	Assortment of Rice Cakes, Crackers, Cheese, salad Sandwiches, wraps and Dried Fruit				
Drinks	Water and milk offered at every meal and water available throughout the day and easily accessed by children				
Allergies	Children with allergies and or food tolerances are provided tailored version of the regular menu to suit their individual needs				
Infants (eating solid)	A variety of healthy foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans/tofu) fruits, vegetables, grains and milk products. foods are an appropriate texture for infant age(e.g. mashed ,lumpy, chopped ,finger foods)				



CREST Children's Sanctuary Week two Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast with healthy spreads or Cereal Served with milk				
Morning Tea	Vanilla yoghurt, berries & granola	Fresh Seasonal Fruit	Vanilla yoghurt & fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit
Lunch	Chicken curry & rice Vegetarian option available	Vegetarian shepards pie (V)	Tuna mornay Vegetarian option available	Chicken & pumpkin pasta bake Vegetarian option available	Beef stroganoff & pasta Vegetarian option available
Afternoon Tea	Pumpkin & chive scones & fruit plate	Berry carrot loaf & fruit plate	Zucchini slice & Fruit plate	Lamingtons & fruit plate	Vege stick & homemade dip
Late Snack	Assortment of Rice Cakes, Crackers, Cheese, salad Sandwiches, wraps and Dried Fruit				
Drinks	Water and milk offered at every meal and water available thought the day and easily accessed by children				
Allergies	Children with allergies and or food tolerances are provided tailored version of the regular menu to suit their individual needs				
Infants (eating solid)	A variety of healthy foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans/tofu) fruits, vegetables, grains and milk products. foods are an appropriate texture for infant age(e.g. mashed ,lumpy, chopped ,finger foods)				



CREST Children's Sanctuary Week three Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast with healthy spreads or Cereal Served with milk				
Morning Tea	Fresh Seasonal Fruit	Vanilla yoghurt & fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Vanilla Yoghurt with Berries & granola
Lunch	Porcupine balls & mash potato Vegetarian option available	Vegetable stew (V)	Chicken & vegetable ragout Vegetarian option available	Chickpea & vegetable curry (V)	Chicken & mushroom risotto Vegetarian option available
Afternoon Tea	Carrot cake muffins & fruit plate	Lemonade scones & fruit plate	Cheese toasties & fruit plate	Apple crumble & custard	Fairy bread & fruit plate
Late Snack	Assortment of Rice Cakes, Crackers, Cheese, salad Sandwiches, wraps and Dried Fruit				
Drinks	Water and milk offered at every meal and water available throughout the day and easily accessed by children				
Allergies	Children with allergies and or food tolerances are provided tailored version of the regular menu to suit their individual needs				
Infants (eating solid)	A variety of healthy foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans/tofu) fruits, vegetables, grains and milk products. foods are an appropriate texture for infant age(e.g. mashed ,lumpy, chopped ,finger foods)				



CREST Children's Sanctuary Week four Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Toast with healthy spreads or Cereal Served with milk				
Morning Tea	Vanilla yoghurt & fruit	Fresh Seasonal Fruit	Fresh Seasonal Fruit	Vanilla Yoghurt with Berries & granola	Fresh Seasonal Fruit
Lunch	Beef & vegetable lasagne Vegetarian option available	Vegetarian Mexican rice (V)	Tuscan beef casserole Vegetarian option available	Chicken chow mein noodles Vegetarian option available	chicken pot pie Vegetarian option available
Afternoon Tea	Assorted sandwiches & fruit plate	Whole meal cheesy scones & fruit plate	Black bean brownies & fruit plate	Cinnamon scrolls & Fruit plate	Coconut & lemon muffins & Fruit plate
Late Snack	Assortment of Rice Cakes, Crackers, Cheese, salad Sandwiches, wraps and Dried Fruit				
Drinks	Water and milk offered at every meal and water available throughout the day and easily accessed by children				
Allergies	Children with allergies and or food tolerances are provided tailored version of the regular menu to suit their individual needs				
Infants (eating solid)	A variety of healthy foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans/tofu) fruits, vegetables, grains and milk products. foods are an appropriate texture for infant age(e.g. mashed ,lumpy, chopped ,finger foods)				