



Bee Healthy by Busy Bees.

Weekly Menu



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Week 1

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix or rolled oats with soft fruits & full cream milk Nursery First Food Option: Soft canned fruits, puréed separately				
Morning Tea Serve with milk or water	Seasonal Fresh Fruit Platter	Veggie Sticks with Hummus, Cheese Cubes & Rice Cakes	Fresh Fruit with Greek Yoghurt	Fruit & Veggie Platter	Carrot & Apple Muffins
Lunch Serve with milk or water	Savoury Beef Mince with Baked Jacket Potato	Vegetable Fried Rice with Egg & Tofu	Mexican Beef & Kidney Beans with Rice & Nachos	Pink Salmon Pasta Salad	Kid Friendly Thai Green Chicken Curry
Vegetarian Lunch option	Savoury Baked Beans with Baked Jacket Potato	Vegetable Fried Rice with Egg & Tofu	Mexican Kidney Beans with Rice & Nachos	Chickpea Pasta Salad	Kid Friendly Thai Green Tofu Curry
Nursery Lunch option	Savoury Mince Purée & Mashed Potato	Tofu, Veggie & Rice Purée	Mexican Beef Mince & Kidney Beans Purée with Rice Mash	Chickpea Pasta Salad Purée	Kid Friendly Thai Green Chicken Curry Purée & Mashed Rice Alt: Tofu, Veggie & Rice Purée
Afternoon Tea Serve with milk or water	Raisin Bread with Fruit Slices	Greek Yoghurt Cups with Muesli & Fruit Purée	Pumpkin & Zucchini Scones with Veggie Sticks	Sandwiches & Wraps <i>Meat & Veggie Options</i>	Fresh Fruit & Crackers



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Week 2

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix or rolled oats with soft fruits & full cream milk				
	Nursery First Food Option: Soft canned fruits, puréed separately				
Morning Tea Serve with milk or water	Fruit & Veggie Platter	Seasonal Fresh Fruit Platter	ANZAC Biscuits & Sliced Fruit	Veggie Sticks with Hummus, Cheese Cubes & Rice Cakes	Fresh Fruit with Greek Yoghurt
Lunch Serve with milk or water	Lentil Dahl & Rice, served with Naan	Rainbow Beef with Noodles	Chicken & Broccoli Pesto Penne	Beef Spaghetti Bolognese	Tuna & Pasta Bake
Vegetarian Lunch option	Lentil Dahl & Rice, served with Naan	TVP "Beef" with Noodles	Lentil & Broccoli Pesto Penne	Lentil Bolognese with Pasta	Chickpea Pasta Bake
Nursery Lunch option	Lentil Dahl Purée & Mashed Rice	Rainbow Beef & Noodle Purée	Chicken & Pasta Purée with Pesto	Beef Bolognese Purée with Soft Pasta	Chickpea & Pasta Purée
Afternoon Tea Serve with milk or water	Greek Yoghurt Cups with Muesli & Fruit Purée	Sandwiches & Wraps <i>excluding Ham</i>	Apple & Berry Crumble with Greek Yoghurt	Apple & Sultana Scrolls with Apple Slices	Banana Loaf



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Week 3

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix or rolled oats with soft fruits & full cream milk				
	Nursery First Food Option: Soft canned fruits, puréed separately				
Morning Tea Serve with milk or water	Fresh Fruit with Greek Yoghurt	Oat Bliss Balls with Veggie Sticks & Cheese Cubes	Fruit & Veggie Platter	Seasonal Fresh Fruit Platter	Veggie Sticks with Hummus, Cheese Cubes & Rice Cakes
Lunch Serve with milk or water	Chicken Paella	Cheesy Jacket Potatoes with Tuna or Baked Beans served with Crunchy Veggies	San Choy Bow with Noodles	Pumpkin & Ricotta Mac 'n' Cheese	Mexican Beef Bowls with Rice
Vegetarian Lunch option	Chickpea Paella	Cheesy Jacket Potatoes with Baked Beans served with Crunchy Veggies	TVP San Choy Bow with Noodles	Pumpkin & Ricotta Mac 'n' Cheese	Mexican Bean Bowls with Rice
Nursery Lunch option	Chicken Paella Purée with Veggie Purée	Baked Beans Purée with Mashed Potato	Beef Mince, Veggie & Rice Noodle Purée	Pumpkin & Ricotta Mac 'n' Cheese Purée	Mexican Beef Mince Purée with Mashed Rice & Mashed Avocado
Afternoon Tea Serve with milk or water	Oatmeal Slice	Fresh Fruit & Crackers	Mini Pizzas <i>Ham & Veggie Options</i>	Cheese & Spinach Muffins	Fresh Fruit with Greek Yoghurt



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Week 4

	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix or rolled oats with soft fruits & full cream milk				
	Nursery First Food Option: Soft canned fruits, puréed separately				
Morning Tea Serve with milk or water	Seasonal Fresh Fruit Platter	Fruit & Veggie Platter	Veggie Sticks with Hummus, Cheese Cubes & Rice Cakes	Fresh Fruit with Greek Yoghurt	ANZAC Biscuits & Sliced Fruit
Lunch Serve with milk or water	Mexican Beef & Kidney Beans with Rice & Nachos	Apricot Chicken with Rice or Pasta	Lentil Bolognese with Pasta	Cottage Pie	Fish Cakes with Wedges & Veggies
Vegetarian Lunch option	Mexican Kidney Beans with Rice & Nachos	Apricot Chickpeas with Rice or Pasta	Lentil Bolognese with Pasta	Lentil Pie	Tofu Cakes with Wedges & Veggies
Nursery Lunch option	Mexican Beef Mince & Kidney Bean Purée with Mashed Rice	Apricot Chickpea Purée with Mashed Rice or Soft Pasta	Lentil Bolognese Purée with Soft Pasta	Cottage Pie (filling) Purée with Mashed Potato	Soft Tofu Purée with Veggie Purée & Mashed Rice, Soft Potato or Soft Pasta
Afternoon Tea Serve with milk or water	Sandwiches & Wraps <i>excluding Ham</i>	Oatmeal Slice	Banana Loaf	Oat Bliss Balls with Veggie Sticks & Cheese Cubes	Fresh Fruit & Crackers