

NIDO EARLY SCHOOL

WINTER/ SPRING MENU

This menu was made in partnership
with Nourished Beginnings
www.nourishedbeginnings.org



WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)
MORNING TEA	Stewed fruit with homemade custard	Breakfast crumble with milk or yoghurt	Baked pancake with fruit	Homemade muesli with fresh fruit & milk or yoghurt	Homemade baked beans with toast dippers and vegetable sticks
LUNCH	Tuna & vegetable pasta bake	Mexican beef with quinoa rice	Chicken, corn & barley soup with wholemeal bread	Spaghetti bolognese	Savoury lentils with vegetables & rice
VEGETARIAN OPTION	Lentil & vegetable pasta bake	Mexican beans with quinoa rice	Chickpea, corn and barley soup	Lentil bolognese	Savoury lentils with vegetables & rice
AFTERNOON TEA	Mexican bean dip with turkish bread dippers & vegetable sticks	Pear loaf with fruit & cheese platter	Berry slice with vegetable sticks & milk	Beetroot dip with vegetable dippers & rice cakes	Banana apple muffins with fruit & cheese
LATE SNACK	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers



WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)
MORNING TEA	Homemade baked beans with toast dippers and vegetable sticks	Stewed fruit with homemade custard	Breakfast crumble with milk or yoghurt	Baked pancake with fruit	Homemade muesli with fresh fruit & milk or yoghurt
LUNCH	Beef chow mein with noodles	Lemon chicken with brown rice & greens	Pumpkin soup with wholemeal bread	Tuna mornay with quinoa rice & vegetables	Pumpkin pesto pasta with beef & peas
VEGETARIAN OPTION	Chow mein with lentils and noodles	Lemon chickpeas with brown rice and greens	Pumpkin soup with wholemeal bread	Lentil mornay with quinoa rice & vegetables	Pumpkin pesto pasta with chickpeas & peas
AFTERNOON TEA	Date & coconut slice with fruit platter & milk	Vegetable & cheese platter with a selection of dips	Citrus muffins with vegetable sticks & cheese	Carrot & oat slice with milk	Roast capsicum dip with vegetable sticks & crackers
LATE SNACK	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers



WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)
MORNING TEA	Homemade muesli with fresh fruit & milk or yoghurt	Homemade baked beans with toast dippers, vegetable sticks & cheese	Stewed fruit with homemade custard	Breakfast crumble with milk or yoghurt	Baked pancake with fruit
LUNCH	Potato & leek soup with turkish dippers	Beef rogan josh with quinoa rice	Tomato & fish risotto	Meatloaf with mashed potatoes & vegetables	Chicken & mushroom carbonara
VEGETARIAN OPTION	Potato & leek soup with turkish dippers	Lentil rogan josh with quinoa rice	Tomato & chickpea risotto	Lentil loaf with mashed potatoes & vegetables	Chickpea & mushroom carbonara
AFTERNOON TEA	Vegetable & cheese platter with a selection of dips	Apricot & vanilla muesli slice with seasonal fruit	Blueberry loaf with vegetable & cheese platter	Mexican bean dip with turkish bread fingers & vegetable sticks	Banana muffins with vegetable sticks & milk
LATE SNACK	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers



WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)	Selection of cereals (muesli, rice bubbles, cornflakes)
MORNING TEA	Baked pancake with fruit	Homemade muesli with fresh fruit & yoghurt or milk	Homemade baked beans with toast dippers, vegetable sticks & cheese	Stewed fruit with homemade custard	Breakfast crumble with milk or yoghurt
LUNCH	Moroccan lamb / beef & vegetable couscous	Veggie packed lentil pasta	Mustard chicken with broccoli & rice	Beef & spinach bake	Fish chowder with brown rice
VEGETARIAN OPTION	Moroccan chickpea & vegetable couscous	Veggie packed lentil pasta	Mustard chickpeas with broccoli & rice	Lentil & spinach bake	Chickpea chowder with brown rice
AFTERNOON TEA	Avocado dip with vegetable dippers, cheese & rice cakes	Mixed berry muffins with milk	Banana & oat slice with seasonal fruit	Homemade salsa with vegetable sticks, fruit & crackers	Blueberry scones with fruit
LATE SNACK	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers	Fruit, vegetables, cheese & crackers



Winter / Spring Babies Menu

6 months: smooth puree | 7 - 9 months: soft & lumpy | 10 - 12 months: soft & chunky

All babies' menus take into account each child's individual needs & will be updated with the child's family on a regular basis

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 6 months	Stewed apple & pear	Pureed apple & banana	Pureed pumpkin, avocado & pear	Pureed apple, parsnip & beetroot	Pureed apple & pear
MORNING TEA 7 - 9 months	Stewed fruit with coconut custard	Breakfast crumble with yoghurt	Softened / mashed banana, apple & yoghurt	Homemade muesli with softened fruit & yoghurt	Softened / mashed parsnip, beetroot & cheese
MORNING TEA 10 - 12 months	Stewed fruit with homemade custard	Breakfast crumble with yoghurt	Baked pancake with fruit	Homemade muesli with fresh fruit & milk / yoghurt	Homemade baked beans with toast dippers and vegetable sticks
LUNCH 6 months	Pureed carrot & pumpkin	Pureed parsnip & sweet potato	Pureed banana & apple	Pureed zucchini & carrot	Pureed carrot & sweet potato
LUNCH 7 - 9 months	Softened / mashed carrot, pumpkin, rice & tuna	Mexican vegetables with quinoa rice	Softened / mashed sweet potato, pumpkin & chicken	Softened / mashed zucchini & carrot with rice & cheese	Softened / mashed carrot, sweet potato, peas & rice
LUNCH 10 - 12 months	Tuna & vegetable pasta bake	Mexican beef with quinoa rice	Chicken, corn & soup with bread	Spaghetti bolognese	Savoury lentils with vegetables & rice
AFTERNOON TEA 6 months	Pureed sweet potato & beetroot	Pureed pear	Pureed sweet carrot & parsnip	Pureed pear	Pureed apple & banana
AFTERNOON TEA 7 - 9 months	Softened carrot sticks, broccoli florets & cheese	Softened pear, banana & yoghurt	Softened / mashed carrot, parsnip & pear	Softened / mashed sweet potato, pumpkin & yoghurt	Softened / mashed apple, banana & yoghurt
AFTERNOON TEA 10 - 12 month	Mexican bean dip with turkish bread dippers & veg sticks	Pear loaf with fruit & milk	Berry slice with fruit & milk	Beetroot dip with vegetable dippers & rice cakes	Banana apple muffins with fruit & milk



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WEEK 2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 6 months	Pureed parsnip & beetroot	Stewed apple & pear	Pureed apple & banana	Pureed pumpkin, avocado & pear	Pureed apple, parsnip & beetroot
MORNING TEA 7 - 9 months	Softened / mashed parsnip, beetroot & cheese	Stewed fruit with coconut custard	Breakfast crumble with yoghurt	Softened / mashed banana, apple & yoghurt	Homemade muesli with softened fruit & yoghurt
MORNING TEA 10 - 12 months	Homemade baked beans with toast dippers and veg sticks	Stewed fruit with homemade custard	Breakfast crumble with milk / yoghurt	Baked pancake with fruit	Homemade muesli with fresh fruit & milk / yoghurt
LUNCH 6 months	Pureed carrot & parsnip	Pureed zucchini & sweet potato	Pureed pumpkin	Pureed zucchini & carrot	Pureed banana & pear
LUNCH 7 - 9 months	Softened / mashed carrot, cauliflower, peas, rice	Softened / mashed broccoli, carrot, chicken & yoghurt	Softened / mashed pumpkin, sweet potato & peas	Softened / mashed zucchini, cauliflower, quinoa, tuna, cheese	Softened / mashed pumpkin, peas & rice
LUNCH 10 - 12 months	Beef chow mein with noodles	Lemon chicken with brown rice & greens	Pumpkin soup with wholemeal bread	Tuna mornay with quinoa rice & vegetables	Pumpkin pesto pasta with beef & peas
AFTERNOON TEA 6 months	Pureed apple & banana	Pureed pear	Pureed beetroot & pear	Pureed carrot & apple	Pureed sweet potato & beetroot
AFTERNOON TEA 7 - 9 months	Softened / mashed apple, banana & yoghurt	Softened / mashed sweet potato, pumpkin & yoghurt	Softened / mashed beetroot & pear	Softened / mashed carrot & apple	Softened carrot sticks, broccoli florets & cheese
AFTERNOON TEA 10 - 12 month	Date & coconut slice with fruit platter & milk	Vegetable platter with a selection of dips	Citrus muffins with vegetable sticks & milk	Carrot & oat slice with fruit	Roast capsicum dip with vegetable sticks & crackers



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WEEK 3

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 6 months	Pureed apple, parsnip & beetroot	Pureed parsnip & beetroot	Stewed apple & pear	Pureed apple & banana	Pureed pumpkin, avocado & pear
MORNING TEA 7 - 9 months	Homemade muesli with softened fruit & yoghurt	Softened / mashed parsnip, beetroot & cheese	Stewed fruit with coconut custard	Breakfast crumble with yoghurt	Softened / mashed banana, apple & yoghurt
MORNING TEA 10 - 12 months	Homemade muesli with fresh fruit & milk / yoghurt	Homemade baked beans with toast dippers and veg sticks	Stewed fruit with homemade custard	Breakfast crumble with milk / yoghurt	Baked pancake with fruit
LUNCH 6 months	Pureed carrot & zucchini	Pureed sweet potato & pear	Pureed parsnip & pumpkin	Pureed beetroot & zucchini	Pureed apple & banana
LUNCH 7 - 9 months	Softened / mashed carrot, zucchini, quinoa & cheese	Softened / mashed sweet potato, broccoli, rice, yoghurt	Softened / mashed broccoli, peas, fish & rice	Softened / mashed carrot, broccoli & beans	Softened / mashed peas, chicken, quinoa & cheese
LUNCH 10 - 12 months	Potato & leek soup with turkish dippers	Beef rogan josh with quinoa rice	Tomato & fish risotto	Meatloaf with mashed potatoes & veg	Chicken & mushroom carbonara
AFTERNOON TEA 6 months	Pureed pear	Pureed carrot & apple	Pureed sweet potato & beetroot	Pureed pear & avocado	Pureed beetroot & pear
AFTERNOON TEA 7 - 9 months	Softened / mashed sweet potato, pumpkin & yoghurt	Softened / mashed carrot & apple	Softened carrot sticks, broccoli florets & cheese	Softened / mashed apple, banana & yoghurt	Softened / mashed beetroot & pear
AFTERNOON TEA 10 - 12 month	Vegetable platter with a selection of dips	Apricot & vanilla muesli slice with seasonal fruit	Mexican bean dip with turkish bread fingers & vegetable sticks	Blueberry loaf with fruit & vegetable platter	Banana muffins with fruit



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WEEK 4

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 6 months	Pureed pumpkin, avocado & pear	Pureed apple, parsnip & beetroot	Pureed parsnip & beetroot	Stewed apple & pear	Pureed apple & banana
MORNING TEA 7 - 9 months	Softened / mashed banana, apple & yoghurt	Homemade muesli with softened fruit & yoghurt	Softened / mashed parsnip, beetroot & cheese	Stewed fruit with coconut custard	Breakfast crumble with yoghurt
MORNING TEA 10 - 12 months	Baked pancake with fruit	Homemade muesli with fresh fruit & milk / yoghurt	Baked beans with toast dippers and vegetable sticks & milk	Stewed fruit with homemade custard	Breakfast crumble with milk / yoghurt
LUNCH 6 months	Pureed sweet potato & zucchini	Pureed pear & banana	Pureed sweet potato	Pureed carrot & zucchini	Pureed parsnip & beetroot
LUNCH 7 - 9 months	Softened / mashed peas, broccoli, carrot, rice, yoghurt	Softened / mashed zucchini, carrot, quinoa & cheese	Softened / mashed cauliflower, broccoli, chicken & rice	Softened / mashed carrot, zucchini & cheese	Softened / mashed carrot, peas, fish & rice
LUNCH 10 - 12 months	Moroccan lamb / beef & vegetable couscous	Veggie packed lentil pasta	Mustard chicken with steamed broccoli & rice	Beef & spinach bake	Fish chowder with brown rice
AFTERNOON TEA 6 months	Pureed beetroot & pear	Pureed sweet potato & beetroot	Pureed carrot & apple	Pureed banana	Pureed pear & avocado
AFTERNOON TEA 7 - 9 months	Softened / mashed beetroot & pear	Softened carrot sticks, broccoli florets & cheese	Softened / mashed carrot & apple	Softened / mashed sweet potato, pumpkin & yoghurt	Softened / mashed apple, banana & yoghurt
AFTERNOON TEA 10 - 12 month	Mixed berry muffins with milk / yoghurt	Avocado dip with vegetable dippers & rice cakes	Banana & oat slice with seasonal fruit	Homemade salsa with vegetable sticks, fruit & crackers	Blueberry scones with fruit & vegetable sticks

