










HARBORD VILLAGE AUTUMN/WINTER MENU – Week One

WEEK ONE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 	Fresh Fruit	Raisin toast	Fresh Fruit	Raisin toast	Fresh Fruit
LUNCH 	Spaghetti Bolognaise Grated cheese	Apricot Chicken Carrot, broccoli Rice	Pumpkin soup Turkish bread	Beef lasagne	Fish pie
AFTERNOON TEA 	Cracker with fruit and cheese	Fruit salad, yoghurt and muesli (Wheat bix for babies)	Rice cakes	Fruit salad, yoghurt and muesli (Wheat bix for babies)	Sandwiches
INFANT MENU 	Beef and pasta puree	Chicken broccoli and rice puree	Pumpkin, carrot and potato puree	Broccoli, couscous and pumpkin puree	Fish, potato and vegetable puree





HARBORD VILLAGE AUTUMN/WINTER MENU – Week Two

WEEK TWO	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 	Yoghurt and muesli. (Wheat bix and stewed apple babies)	Fresh Fruit	Raisin bread	Fresh Fruit	Toast with spreads
LUNCH 	Tuna pasta bake with country harvest vegetables	Vegetarian lasagne	Shepherds pie	Butter chicken with rice and vegetables	Meatballs with sweet potato mash and peas
AFTERNOON TEA 	Dips with carrot and celery	Crisp bread with spreads	Crackers with fruit and cheese	Rice cakes with spreads	Fruit salad, yoghurt and museli
INFANT MENU 	Tuna, pasta and vegetable puree	Zucchini and pumpkin puree	Beef, potato and vegetable puree	Chicken, rice and pumpkin puree	Sweet potato and beef puree





HARBORD VILLAGE AUTUMN/WINTER MENU – Week Three

WEEK THREE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 	Fresh Fruit	Raisin bread	Fresh Fruit	Yoghurt and muesli	Fresh Fruit
LUNCH 	Chicken curry with vegetables and rice	Sausage and mash with gravy	Beef and beans with sour cream, tomato, cucumber and pita bread	Fish fingers with homemade potato wedges	Vegetarian sausage rolls
AFTERNOON TEA 	Cheesymite rolls	Crackers with fruit and cheese	Sandwiches	Raisin bread	Rice cakes with spreads
INFANT MENU 	Chicken with rice and vegetable puree	Broccoli and corn puree	Beef and sweet potato puree	Potato and carrot puree	Cabbage, carrot and corn puree

HARBORD VILLAGE AUTUMN/WINTER MENU – Week Four

WEEK FOUR	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 	Pikelets with spreads	Fresh Fruit	Toast with spreads	Fresh Fruit	Yoghurt and muesli with dried fruits
LUNCH 	Lamb pilaf	Fettuccini with ham and corn	Fish and sweet potato cakes with vegetable cous cous	Pasta with pumpkin, tomato and peas	Chicken and corn soup
AFTERNOON TEA 	Crackers with fruit and cheese	Cheesymite rolls	Fruit salad, yoghurt, muesli and dried fruits	Rice cakes with spreads	Crisp bread with spreads
INFANT MENU 	Rice, lamb and carrot puree	Spaghetti with corn and capsicum puree	Vegetable couscous puree	Pasta, pumpkin and tomato puree	Chicken and corn puree

HARBORD VILLAGE AUTUMN/WINTER MENU – Week Five

WEEK FIVE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA 	Fresh Fruit	Pikelets with spreads	Fresh Fruit	Yoghurt with muesli and dried fruits	Fresh Fruit
LUNCH 	Tomato, lentil and vegetable soup	Penne pasta with tuna and tomato	Chicken and vegetable pie	Beef stroganoff with rice	Beef and lentil burgers
AFTERNOON TEA 	Rice cakes with spreads	Fruit salad muesli and dried fruits	Raisin bread	Crisp bread with spreads	Dips with carrot and celery
INFANT MENU 	Tomato, lentil and vegetable puree	Pasta with tuna and tomato puree	Chicken and vegetable puree	Beef, mushroom and rice puree	Beef, lentil and carrot puree