KARRATHA Early Learning

MENU 2026

Week 1

Breakfast 6am – 7:30am.
Morning Tea served at 9am.
Lunch served at 11am.
Afternoon Tea served at 2:00pm.
Late Snack served at 5:00pm.

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios
Morning Tea	**Bread roll,** **Fresh Fruit Platter** **Drink: Milk/Water**	**Raisin toast &** **Fresh Fruit Platter** **Drink: Milk/Water**	**Baked Blueberry Oatmeal Casserole** **Fresh Fruit Platter** **Drink: Milk/Water**	**Turkish bread,** **Fresh Fruit Platter** **Drink: Milk/Water**	**Cheese & Vegemite toasties** **Fresh Fruit Platter** **Drink: Milk/Water**
Infants	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree
Lunch	**Garden Pasta** Traditional tomato paste, vegetable mixed and tomato, wholemeal pasta **Drink: Water**	**Spanish-Style Beef Picadillo** **With steamed Rice** Sliced beef, mushrooms, corn, peas, carrots, onion, garlic, rice. **Drink: Water**	**Mixed Gourmet Sandwiches** Chicken, Fresh Salad, Mayonnaise, Cheese, Wholemeal Bread **Drink: Water**	**Mediterranean lamb bowl** Sliced lamb, tomato, broccoli, carrots, onion, garlic, pita bread **Drink: Water**	**Slow cooked Fish Stew** Fish fillet, potato, peas, cabbage, diced tomato, Served with rice. **Drink: Water**
Vegetarian	No change	Vegetable balls	Tofu, Salad	Chickpeas	Tofu, Salad
Infants	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree
Afternoon Tea	**Mini Pizza,** **Fresh Fruit Platter** English Muffin, Pizza sauce, Ham, cheese **Drink: Milk/Water**	**Savoury Platter with Rice Crackers** Carrot, cucumber, celery cheese, Hummus, rice crackers. **Drink: Milk/Water**	**Orange cake with Fresh Fruit Platter** **Drink: Milk/Water**	**Cheddar & Herb Muffins with Fruit Platter** **Drink: Milk/Water**	**Fruit Bread with Ricotta** **Fresh Fruit Platter** **Drink: Milk/Water**
Infants	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree
Late Snack	Rice Crackers Sliced Apple	Rice Crackers Sliced Apple	Corn Thins Sliced Apples	Rice Crackers Sliced Apples	Rice Crackers Sliced Apples

KARRATHA Early Learning

MENU 2026
Week 2

Breakfast 6am – 7:30am.
Morning Tea served at 9am.
Lunch served at 11am.
Afternoon Tea served at 2:00pm.
Late Snack served at 5:00pm.

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios
Morning Tea	**Crumpets,** **Fresh Fruit Platter** **Drink: Milk/Water**	**Vanilla yoghurt &** **Fruit Salad** **Drink: Milk/Water**	**Raisin Toast** **Fresh Fruit Platter** **Drink: Milk/Water**	**English muffins,** **Fresh Fruit Platter** **Drink: Milk/Water**	**Turkish bread,** **Fresh Fruit Platter** **Drink: Milk/Water**
Infants	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree
Lunch	**Beef Stroganoff & Pasta** Diced beef, vegetables (broccoli, cauliflower) mustard creamy sauce, pasta **Drink: Water**	**Vegetable Curry & Rice** corn, carrot, toufu, Thai curry, brown rice, shallots, garlic, coconut milk. **Drink: Water**	**Tuna & Egg Sandwich (Soft Bread)** tuna, egg， fresh tomato, cheese, wholemeal soft bread **Drink: Water**	**Spaghetti Bolognese** Sauce: carrot, peas, celery, onion, tinned tomatoes, garlic, beef mince. Served with spaghetti pasta. **Drink: Water**	**Turkish-Style Chicken & Rice** Diced chicken onion, garlic, chickpeas, cumin, vegetables, rice **Drink: Water**
Vegetarian	Chickpeas	Lentils	No Change	No ham	Lentils
Infants	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree
Afternoon Tea	**Cheese & Tomato Sandwiches,** **Fresh Fruit Platter** **Drink: Milk/Water**	**Veggie sticks, cheese cubes and Rice Crackers** **Drink: Milk/Water**	**Banana bread** **Fresh Fruit Platter** **Drink: Milk/Water**	**Corn thins** **Fresh Fruit Platter** **Drink: Milk/Water**	**Pumpkin Mini Loaf** **Fresh Fruit Platter** **Drink: Milk/Water**
Infants	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree
Late Snack	Corn Thins Sliced Apples	Rice Crackers Sliced Apple	Rice Crackers Sliced Apple	Rice Crackers Sliced Apple	Rice Crackers Sliced Apple

KARRATHA Early Learning

MENU 2026

Week 3

Breakfast 6am – 7:30am.
Morning Tea served at 9am.
Lunch served at 11am.
Afternoon Tea served at 2:00pm.
Late Snack served at 5:00pm.

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios	Weetbix, Wholegrain Cheerios
Morning Tea	**Flat bread with Cheese** **Fresh Fruit Platter** **Drink: Milk/Water**	**Bread roll** **Fresh Fruit Platter** **Drink: Milk/Water**	**French toast w/ honey** **Fresh Fruit Platter** **Drink: Milk/Water**	**Raisin Toast** **Fresh Fruit Platter** **Drink: Milk/Water**	**Cheese & vegemite Toasties** **Fresh Fruit Platter** **Drink: Milk/Water**
Infants	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree
Lunch	**Creamy Tuna pasta** Canned tuna, vegetable stock, Coconut Milk, onion, pasta, mixed vegetables. **Drink: Water**	**Beef Basil with rice** Diced beef, vegetable stock, onion, garlic, mix vegetable. Served with Rice **Drink: Water**	**Beef Hotpot with pasta** Sauce: carrot, peas, celery, onion, tinned tomatoes, garlic, diced beef, pasta **Drink: Water**	**Apricot Chicken** **Steamed Rice** Chicken breast, carrot, French onion soup, Apricot Nectar with rice. **Drink: Water**	**Vegetables Stir Fry Noodle** Stir fry vege (green beans, capsicum) onion, garlic, soy sauce, Singapore noodles **Drink: Water**
Vegetarian	Tofu	Lentils	As above	Tofu and vegetables	Chickpeas
Infants	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree
Afternoon Tea	**Fruit Bread with ricotta** **Fresh Fruit Platter** **Drink: Milk/Water**	**Honey cake** **Fresh Fruit Platter** **Drink: Milk/Water**	**Cheese on Cracker Square** **Fresh Fruit Platter** **Drink: Milk/Water**	**Cheese Sandwiches,** **Fresh Fruit Platter** **Drink: Milk/Water**	**Carrot cake with Fresh Fruit Platter** . **Drink: Milk/Water**
Infants	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree
Late Snack	Rice Crackers Sliced Apple	Corn Thins Sliced Apples	Rice Crackers Sliced Apple	Rice Crackers Sliced Apple	Corn Thins Sliced Apples

KARRATHA Early Learning

MENU 2026
Week 4

Breakfast 6am – 7:30am.
Morning Tea served at 9am.
Lunch served at 11am.
Afternoon Tea served at 2:00pm.
Late Snack served at 5:00pm.

Meals	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	Wheatbix, wholegrain cheerio's, vita weeties	Wheatbix, wholegrain cheerio's, vita weeties	Wheatbix, wholegrain cheerio's, vita weeties	Wheatbix, wholegrain cheerio's, vita weeties	Wheatbix, wholegrain cheerio's, vita weeties
Morning Tea	**Crumpets** **Fresh Fruit Platter** **Drink: Water**	**Raisin Toast** **Fresh Fruit Platter** **Drink: Milk/Water**	**Fruit pancake Slab** **Fresh Fruit Platter** **Drink: Milk/Water**	**Toast with Vegemite** **Fresh Fruit Platter** **Drink: Milk/Water**	**Cheese & Tomato Sandwiches** **Fresh Fruit Platter**
Infants	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree
Lunch	**Mongolian beef** Beef mince, corn, red beans, carrot and potatoes, Served with rice. **Drink: Water**	**Butter chicken with Naan bread** Chicken, coconut cream, tomato, corn, peas, carrots, Naan bread **Drink: Water**	**Tuna Pasta with tomato sauce** Tuna, garlic, onion, cream, vegetables mix, pasta **Drink: Water**	**Shepherd's Pie** tomato paste made with basil and olive oil, grilled lamb, corn and tomato, smashed potato, cheese	**Fish curry & rice** Fish fillet, tinned tomatoes, curry powder, capsicum, rice **Drink: Water**
Vegetarian	Chickpeas	Lentils	As above	Tofu and Vegetable	Tofu
Infants	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree	Seasonal veggie puree
Afternoon Tea	**Cheese cubes, Rice Crackers Hummus, Fresh Fruit Platter** **Drink: Milk/Water**	**Cheese chives scones with Fresh Fruit Platter** **Drink: Milk/Water**	**Cheese Sandwiches** **Fresh Fruit Platter** **Drink: Milk/Water**	**Turkish Pide** **Fresh Fruit Platter** **Drink: Milk/Water**	**Baked spring roll with vegetable platter** **Drink: Milk/Water**
Infants	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree	Seasonal fruit puree
Late Snack	Rice Crackers Sliced Apple	Rice Crackers Sliced Apple	Rice Crackers Sliced Apple	Corn Thins Sliced Apples	Rice Crackers Sliced Apple