



## Nutrition & Variety

We believe mealtimes are more than just nourishment—they're a chance to explore new flavours, support healthy development, and bring joy to the day.

All meals are made fresh in-house with quality ingredients and care, following **Nutrition Australia's guidelines** for balance and nutrition.

Our goal is to help children build healthy, positive relationships with food from the very beginning.



## Raising Little Foodies

At CubbyHouse Kitchen, food is our passion—and we believe in raising **little foodies**.

Our menus are purposefully written using restaurant-style language to spark curiosity and conversation.

Words like “pangrattato” are included to invite learning, discussion, and a sense of excitement about what's on the plate.

We want children to discover, taste, and talk about food with confidence.



## Cultural Exposure

Each week features an ‘**Around the World**’ meal to honour cultural diversity and introduce children to global flavours.

These dishes are designed to be fun, age-appropriate, and engaging—giving children a gentle introduction to different ingredients, cuisines, and traditions.

It's one delicious way we help foster curiosity and inclusion through food.



## Honouring Seasonal Produce

We use **seasonal produce** to deliver food at its freshest, most flavourful, and most nourishing.

Eating with the seasons supports immunity and energy—especially in the cooler months.

This winter, you'll see ingredients like butternut squash, leeks, and citrus featured throughout our menus. It's all about cooking with purpose and feeding children what their bodies need, when they need it most.

# WINTER MENU

Week One - 9<sup>th</sup> June to 13<sup>th</sup> June 2025

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### BREAKFAST

**assorted cereals with a variety of milks + toasts & spreads**

breakfast is offered from 6:00am to 7:30am

### MORNING TEA

**greek yoghurt topped with home-made crunchy muesli**

served with seasonal mixed fruit platters  
freshly chopped & prepared each morning

### LUNCH

**chai pumpkin &  
white bean soup**

garnished with  
honey roasted pepitas  
served with oven-baked  
wholemeal bread rolls

**penne bolognese**

boosted with blended vegetables  
topped with a crispy  
garlic & herb pangrattato

**chicken, coconut  
& tomato curry**

with blitzed zucchini  
served with steamed rice

**irish beef stew**

with potatoes, carrots & celery  
served with steamed rice

**around the world  
italian gnocchi  
amatriciana**

with chickpeas, bacon, tomatoes  
& parmesan cheese  
served with a classic garden salad

### NURSERY & INFANTS LUNCH 6 - 12 MONTHS

*pureed or mashed  
pumpkin, potato  
& cannellini beans*

*pureed or mashed  
beef bolognese  
& pasta*

*pureed or mashed  
chicken, zucchini,  
tomato & rice*

*pureed or mashed  
beef, carrots  
potato & rice*

*pureed or mashed  
chickpeas, zucchini &  
tomatoes*

### AFTERNOON TEA

**roasted sweet  
potato hummus**

served with rice crackers,  
crudités (vegetable sticks),  
& juicy apple slices

**banana & oat  
greek yoghurt muffins**

made with wholemeal flour  
served with a winter fruit medley  
of kiwi, pears & oranges

**apple & cinnamon  
bliss balls**

with juicy watermelon chunks  
& cool cucumber smiles

**butternut squash &  
feta savoury muffins**

served with crunchy carrot sticks  
& cheddar cheese soldiers

**pork, apple & fennel  
sausage rolls**

packed with hidden vegetables  
& served with  
home-made healthy ketchup

### DIETARY REQUIREMENTS

Children with allergies and/or food  
intolerances are provided with a tailored  
version of the regular menu to suit their  
individual needs

### NURSERY & INFANTS

In addition to the nursery & infants lunch menu,  
homemade fruit purées are offered daily. Meals  
are iron-rich and tailored to each child's stage  
of development, with textures ranging from  
smooth blends to soft finger foods.

### WATER

Drinking water is accessible for  
children at all times through the day

### FEEDBACK



Feedback fuels  
our kitchen  
- scan to let us know!!

# WINTER MENU

Week Two - 16<sup>th</sup> June to 20<sup>th</sup> June 2025

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### BREAKFAST

**assorted cereals with a variety of milks + toasts & spreads**

breakfast is offered from 6:00am to 7:30am

### MORNING TEA

**greek yoghurt topped with home-made crunchy muesli**

served with seasonal mixed fruit platters  
freshly chopped & prepared each morning

### LUNCH

**around the world  
indian lentil &  
butternut squash korma**  
served with steamed rice  
& pappadums

**creamy chicken  
noodle soup**  
garnished with fresh herbs  
served with oven-baked  
wholemeal bread rolls

**sweet & mild beef curry**  
naturally sweetened with apples  
garnished with a turmeric yoghurt drizzle  
& toasted coconut flakes  
served with steamed brown rice

**chicken napolitana  
rigatoni bake**  
with carrots, baby spinach,  
basil & rigatoni pasta

**lamb burrito bowls**  
with mexican mixed beans  
served over garlic lime rice  
topped with shredded lettuce,  
juicy diced tomatoes, sweet corn,  
and grated cheddar cheese

### NURSERY & INFANTS LUNCH 6 - 12 MONTHS

*pureed or mashed  
lentils, carrots, potatoes,  
ginger & rice*

*pureed or mashed  
chicken breast, cannellini  
beans, carrots, celery & pasta*

*pureed or mashed  
beef, apples, tomato &  
zucchini*

*pureed or mashed  
chicken breast, carrots,  
spinach & pasta*

*pureed or mashed  
lean lamb mince, mixed  
beans, sweet corn & rice*

### AFTERNOON TEA

**build your own  
wholemeal rice cakes**  
toppings: home-made hummus,  
cottage cheese, cheddar cheese,  
assorted salads & vegemite

**cheddar cheese, broccoli  
& ham savoury muffins**  
served with an assortment  
of fresh & dried fruits

**apricot &  
coconut bread**  
with a maple & cinnamon  
cream cheese spread  
served with crunchy apples slices

**baked corn & zucchini  
fritter slice**  
served with sweet winter fruits  
like pear, apple & mandarin

**whipped feta &  
greek yoghurt dip**  
served with pita bread,  
crudités (vegetable sticks),  
rice crackers & orange slices

### DIETARY REQUIREMENTS

Children with allergies and/or food intolerances are provided with a tailored version of the regular menu to suit their individual needs

### NURSERY & INFANTS

In addition to the nursery & infants lunch menu, homemade fruit purées are offered daily. Meals are iron-rich and tailored to each child's stage of development, with textures ranging from smooth blends to soft finger foods.

### WATER

Drinking water is accessible for children at all times through the day

### FEEDBACK



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# WINTER MENU

Week Three - 23<sup>rd</sup> June to 27<sup>th</sup> June 2025

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

### BREAKFAST

**assorted cereals with a variety of milks + toasts & spreads**

breakfast is offered from 6:00am to 7:30am

### MORNING TEA

**greek yoghurt topped with home-made crunchy muesli**

served with seasonal mixed fruit platters  
freshly chopped & prepared each morning

### LUNCH

**creamy tomato &  
basil soup**

with blended cannellini beans  
& macaroni pasta  
served with oven-baked  
wholemeal bread rolls

**around the world  
korean beef  
bulgogi bowls**

with black beans, carrots,  
sweet corn & cucumber  
served with steamed rice

**creamy chicken &  
leek cottage pie**

with a cheesy potato &  
cauliflower crust

**spaghetti & veg-loaded  
beef meatballs**

in a marinara sauce  
served with crusty garlic baguettes

**chicken pesto fusilli**

boosted with hidden vegetables,  
sun-dried tomatoes &  
home-made nut free pesto

### NURSERY & INFANTS LUNCH

6 - 12 MONTHS

*pureed or mashed  
cannellini beans, potatoes,  
carrots & pasta*

*pureed or mashed beef,  
carrots, zucchini & pasta*

*pureed or mashed chicken,  
potato, cauliflower &  
cheddar cheese*

*pureed or mashed beef,  
black beans, zucchini,  
sweet corn & rice*

*pureed or mashed chicken,  
carrots, basil & pasta*

### AFTERNOON TEA

**home-made  
ranch dip**

served with rice crackers,  
crudité (vegetable sticks),  
& juicy apple slices

**banana bread  
with a cinnamon  
oat crunch**

made with wholemeal flour  
served with a winter fruit medley  
of kiwi, pears & oranges

**mini munch platters**

assorted veggie sticks,  
cheddar cheese soliders,  
a mix of fresh & dried fruit,  
rice crackers, pita bread triangles  
& cottage cheese dip

**carribean carrot  
cake muffins**

made with wholemeal flour  
served with a mixed fruit plater

**hawaiian  
pizza muffins**

with home-made veggie packed  
pizza sauce

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