

Nourished Beginnings | Maragon Winter Menu 2018
MT / AT & Babies

WEEK 1

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MORNING TEA	Crunch platter - selection of seasonal fruit, vegetables, cheese & crackers	Breakfast crumble with homemade custard / natural yoghurt	Homemade baked beans with toast dippers	Crunch platter - selection of seasonal fruit, vegetables, cheese & crackers	Homemade cranberry choc muesli with fruit & yoghurt
BABIES MORNING TEA (8-12 months*)	Softened broccoli, carrot, banana & cheese	Breakfast crumble with homemade custard	Quinoa porridge with banana	Softened cauliflower, pumpkin, apple & cheese	Brown rice porridge with softened apple
AFTERNOON TEA	Vegetable pizzas & fruit	Wraps with seasonal fruit platter	Apple zucchini loaf & fruit platter	Apricot bars & veggie platter	Homemade dips with vegetable sticks and crackers
BABIES AFTERNOON TEA (8-12 months*)	Roasted pumpkin, apple & yoghurt	Natural yoghurt with seasonal fruit	Apple zucchini loaf	Raw apricot bars	Softened vegetable sticks & cheese

**The babies menu is for children aged around 8 - 12 months and will depend upon each child's individual needs.*

