

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

**WEEK 4**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MORNING TEA</b>	Homemade baked beans with toast fingers	Crunch platter - selection of seasonal fruit, vegetables, cheese & crackers	Homemade apricot muesli with fruit & natural yoghurt	Crunch platter - selection of seasonal fruit, vegetables, cheese & crackers	Breakfast crumble with homemade custard / natural yoghurt
<b>BABIES MORNING TEA</b> (8-12 months*)	Brown rice porridge with softened apple	Softened carrot, sweet potato, apple & cheese	Homemade muesli with yoghurt and softened pear	Softened cauliflower, pumpkin, apple & cheese	Breakfast crumble with homemade custard
<b>AFTERNOON TEA</b>	Coco choc muesli slice & fruit	Fruit loaf & yoghurt	Wraps with seasonal fruit platter	Wholemeal blueberry muffins & yoghurt	Homemade dips with vegetable sticks and crackers
<b>BABIES AFTERNOON TEA</b> (8-12 months*)	Natural yoghurt with seasonal fruit	Fruit loaf	Natural yoghurt with seasonal fruit	Wholemeal blueberry muffins	Softened vegetable sticks & cheese

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

