



Yummies for Little Tummies



Vegetarian Menu

Week Commencing: **Sample**

- Over 12 Months Menu**
- 9-12 Months Baby Menu**
- 6-9 Months Baby Menu**

Our menu is:

- ✓ Egg Free
- ✓ Nut Free
- ✓ Seafood Free

Y4LT says no to nasty artificial colours, flavours & preservatives.

Y4LT meals are screened for sugar, salt and saturated fat content.

Please feel free to contact us on:
 Ph. 07 3161 8063 F. 07 3319 5508
 E-mail. info@y4lt.com.au
 Web. www.yummiesforlittletummies.com.au

Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
Assortment of Seasonal Fresh Fruit (e.g. Banana, Watermelon & Grapes)	Assortment of Seasonal Fresh Fruit (e.g. Pear, Orange & Apple)	Assortment of Seasonal Fresh Fruit (e.g. Banana, Orange & Honeydew)	Assortment of Seasonal Fresh Fruit (e.g. Banana, Orange & Honeydew)	Assortment of Seasonal Fresh Fruit (e.g. Pineapple, Apple & Pears)
Maleny Dairies Vanilla Custard	Yummies Strawberry Yoghurt	Maleny Dairies Vanilla Custard	Yummies Mango Yoghurt	Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Assorted Wholemeal Scrolls & Sandwiches	Vegetarian Stroganoff & Rice Brown lentils flavoured with stock, onion & garlic combined with a creamy mushroom & vegetable sauce served with steamed basmati rice.	Assorted Wholemeal Sandwiches & Rolls	Vegetarian Bolognese with Fettuccine Brown lentils cooked in a rich tomato sauce flavoured with herbs & spices combined with grated vegetables including carrot, capsicum & zucchini. Served with fettuccine.	Assorted Wholemeal Wraps & Sandwiches
Strawberry Spread (Made with 100% Fruit & no added sugar)		Cheddar Cheese & Avocado		Vege Spread & Cheddar Cheese & Cheddar Cheese & Sweet Potato
Cheddar Cheese & Pumpkin				
Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
Assortment of Seasonal Fresh Fruit	Assortment of Seasonal Fresh Fruit	Assortment of Seasonal Fresh Fruit	Assortment of Seasonal Fresh Fruit	Assortment of Seasonal Fresh Fruit
Corn Thins and Ricotta Cheese	Cheddar Cheese Triangles with Water Crackers	Rice Crackers and Dried Fruit	Wholemeal Cheesy Scroll	Healthy ANZAC Cookie

Week 1



Yummies for Little Tummys



Dairy & Lactose Free

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Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
Assortment of Seasonal Fresh Fruit (e.g. Banana, Watermelon & Grapes)	Assortment of Seasonal Fresh Fruit (e.g. Pear, Orange & Apple)	Assortment of Seasonal Fresh Fruit (e.g. Banana, Orange & Honeydew)	Assortment of Seasonal Fresh Fruit (e.g. Banana, Orange & Honeydew)	Assortment of Seasonal Fresh Fruit (e.g. Pineapple, Apple & Pears)
Soy Yoghurt	Soy Yoghurt	Soy Yoghurt	Soy Yoghurt	Soy Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Assorted Wholemeal Scrolls Sandwiches	Dairy Free Chicken Stroganoff Juicy pieces of lean chicken breast cooked in a mushroom sauce with disguised cauliflower, pumpkin & sweet potato. Served with steamed basmati rice.	Assorted Wholemeal Sandwiches & Rolls	Chicken Bolognese with Fettuccine Lean chicken mince cooked in a rich tomato sauce flavoured with herbs & spices combined with grated vegetables including carrot, capsicum & zucchini. Served with fettuccine.	Assorted Wholemeal Wraps & Sandwiches
Strawberry Spread (Made with 100% Fruit & no added sugar)		Ham (Nitrate Free)		Vege Spread
+		+		+
Chicken & Pumpkin		Avocado		Roast Beef & Sweet Potato
Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
Assortment of Seasonal Fresh Fruit	Assortment of Seasonal Fresh Fruit	Assortment of Seasonal Fresh Fruit	Assortment of Seasonal Fresh Fruit	Assortment of Seasonal Fresh Fruit
Corn Thins and Vege Spread	Dairy Free Custard	Rice Crackers and Dried Fruit	Wholemeal Dairy Free Scroll	Healthy ANZAC Cookie

Week 1



Yummies for Little Tummys



Gluten Free Menu

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Morning Tea	Morning Tea	Morning Tea	Morning Tea	Morning Tea
Assortment of Seasonal Fresh Fruit (e.g. Banana, Watermelon & Grapes) Maleny Dairies Vanilla Custard	Assortment of Seasonal Fresh Fruit (e.g. Pear, Orange & Apple) Yummies Strawberry Yoghurt	Assortment of Seasonal Fresh Fruit (e.g. Banana, Orange & Honeydew) Maleny Dairies Vanilla Custard	Assortment of Seasonal Fresh Fruit (e.g. Banana, Orange & Honeydew) Yummies Mango Yoghurt	Assortment of Seasonal Fresh Fruit (e.g. Banana, Orange & Honeydew) Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Assorted Gluten Free Wraps Strawberry Spread (Made with 100% Fruit & no added sugar) + Chicken & Pumpkin	Chicken Stroganoff & Rice Juicy pieces of lean chicken breast cooked in a creamy mushroom sauce with disguised cauliflower, pumpkin & sweet potato. Served with steamed basmati rice.	Assorted Corn Thins Ham (Nitrite Free) & Cheese + Avocado	Chicken Bolognese with Gluten Free Spirals Lean chicken mince cooked in a rich tomato sauce flavoured with herbs & spices combined with grated vegetables including carrot, capsicum & zucchini. Served with gluten free pasta spirals.	Assorted Gluten Free Wraps Vege Spread & Cheddar Cheese + Roast Beef & Sweet Potato
Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
Assortment of Seasonal Fresh Fruit Corn Thins and Ricotta Cheese	Assortment of Seasonal Fresh Fruit Cheddar Cheese Triangles with Rice Crackers	Assortment of Seasonal Fresh Fruit Rice Crackers and Dried Fruit	Assortment of Seasonal Fresh Fruit Cheddar Cheese Gluten Free Wrap	Assortment of Seasonal Fresh Fruit Dairy & Gluten Free Banana Blueberry Slice

Week **1**



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Dairy & Gluten Free

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Assortment of Seasonal Fresh Fruit (e.g. Banana, Watermelon & Grapes)	Assortment of Seasonal Fresh Fruit (e.g. Pear, Orange & Apple)	Assortment of Seasonal Fresh Fruit (e.g. Banana, Orange & Honeydew)	Assortment of Seasonal Fresh Fruit (e.g. Banana, Orange & Honeydew)	Assortment of Seasonal Fresh Fruit (e.g. Banana, Orange & Honeydew)
Soy Yoghurt	Soy Yoghurt	Soy Yoghurt	Soy Yoghurt	Soy Milk
Lunch	Lunch	Lunch	Lunch	Lunch
Assorted Gluten Free Wraps Strawberry Spread (Made with 100% Fruit & no added sugar) + Ham (Nitrite Free) + Pumpkin	Dairy Free Chicken Stroganoff Juicy pieces of lean chicken breast cooked in a mushroom sauce with disguised cauliflower, pumpkin & sweet potato. Served with steamed basmati rice.	Assorted Corn Thins Avocado + Ham (Nitrite Free)	Chicken Bolognese with Gluten Free Spirals Lean chicken mince cooked in a rich tomato sauce flavoured with herbs & spices combined with grated vegetables including carrot, capsicum & zucchini. Served with gluten free pasta spirals.	Assorted Gluten Free Wraps Vege Spread + Roast Beef + Sweet Potato
Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea	Afternoon Tea
Assortment of Seasonal Fresh Fruit Corn Thins with Vege Spread	Assortment of Seasonal Fresh Fruit Yummies Dairy Free Custard	Assortment of Seasonal Fresh Fruit Plain Rice Crackers + Dried Fruit	Assortment of Seasonal Fresh Fruit Gluten Free Avocado Wrap	Assortment of Seasonal Fresh Fruit Dairy + Gluten Free Banana Blueberry Slice

Week 1