

Menu

at Harmony this week



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Morning Tea	0-12m: Plain Yoghurt Banana Oat Breakfast Cookies	0-12m: Soaked Oats & Banana Puree Blueberry, Apple & Granola Muffins (GFO, DFO)	0-12m: Pear Puree Rainbow Fruit Sticks with Yoghurt (DFO Coconut Yoghurt)	0-12m: Mango & Organic Chia Puree Mango & Coconut Chia Pudding	0-12m: Banana Puree Organic Banana & Apricot Loaf (GFO, DFO)
Lunch	0-12m: Chickpea & Greens Puree Super Green Falafel, Tzatziki & Organic Pita Triangles (DFO Coconut yoghurt, GFO GF Pita)	0-12m: Sweet Potato & Zucchini Puree Zucchini & Brussel Fritters with Sweet Potato Fries (DFO Bio-cheese)	0-12m: Carrot & Sweet Potato Puree Crispy Chicken Nuggets, Rainbow Salad Fermented Tomato Ketchup (VO Tofu)	0-12m: Pumpkin & Quinoa Puree Supercharged Miso Vegetable Fried Rice	0-12m: Chicken, Cauliflower & Zucchini Puree San Choy Bau with Carrot, Cucumber & Herbs (VO Lentil)
Afternoon Tea	0-12m: Strawberry & Apple Puree Cheese & Fruit Antipasti Plate (DFO Bio-cheese)	0-12m: Plain Yoghurt Fruit Salad with Greek Yoghurt & Granola Crumb (DFO Coconut yoghurt)	0-12m: Beetroot & Sweet Potato Puree Beet Hummus, Crunchy Vege Sticks & Pita (GFO)	0-12m: Whipped Avocado Whipped Avocado, Crispy Zucchini Crackers	0-12m: Carrot & Corn Puree Vegetable Platter with Chickpea Crackers & Cheese (VO/DFO: Biocheese)

VO: Vegan Option DFO: Dairy Free Option GFO: Gluten Free Option