

Service Menu

Season: Autumn

Week 3

| WEEK 4 | FOOD/ DRINK | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---------------|---|---------------------------------------|-------------------------------------|--------------------------|----------------------|-------------------------------|
| BREAKFAST | <i>Children may have breakfast from home or be charged \$2 for breakfast provided. Breakfast served before 8am.</i> | | | | | |
| MORNING TEA | FOOD | Fresh fruit and yoghurt | Fruit toast | Fresh fruit and cheese | Homemade muesli | Fresh fruit |
| | DRINK | Water | Milk | Water | Water | Milk |
| LUNCH | FOOD | Spaghetti Bolognese with garlic toast | Bacon carbonara | Homemade Beef hamburgers | Asian orange chicken | Pumpkin soup and crusty rolls |
| | DRINK | Water | Water | Water | Water | Water |
| AFTERNOON TEA | FOOD | Jam drops | Fruit skewers (platters for babies) | Pikelets | Banana muffins | Apple crumble and custard |
| | DRINK | Milk | Milk | Milk | Water | Water |
| LATE SNACK | <i>Children are given simple sandwiches and water at approximately 4.30pm</i> | | | | | |

| | |
|-------------------------|---|
| Water | Drinking water is accessible for children at all times through the day |
| Infants (eating solids) | A variety of healthy foods are offered every day including iron rich foods (meat, poultry, fish, legumes/beans, tofu). Foods of appropriate texture for an infant's age and stage of development will be catered for (puree, chopped, finger food etc.) |
| Allergies | Children with allergies and/or food intolerances are provided with a tailored version of the regular menu to suit their individual need |