

Service Menu

Season: Winter

Week 1

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 cheese	Homemade muesli and yoghurt	Fresh fruit	Fruit bread	Fresh fruit
	DRINK	Water	Water	Milk	Milk	Milk
LUNCH	FOOD	Shepherds pie	Chicken noodle soup	Butter chicken with rice and poppadums	Sausages and mash	Vegetarian lasagne
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	Banana bread	Anzac biscuits	Corn relish with vegetables and crackers	Fresh fruit, cheese and crackers	Apple crumble bars with custard
	DRINK	Milk	milk	Water	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