

Service Menu

Season: Winter

Week 2

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	Fruit platters	Fresh fruit	Homemade muesli and yoghurt	Fresh fruit and cheese
	DRINK	Milk	Milk	Milk	Water	Water
LUNCH	FOOD	Chicken pasta bake and veg	Spaghetti bolognaise and spiral pasta	Roast chicken rolls with roast veg	Minestrone soup	Beef casserole with mash
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	Pumpkin scones	Corn relish with vegetables and crackers	Apple cinnamon tea cake	Fresh fruit with crackers and cheese	Apple and cinnamon oat cakes
	DRINK	Water	Water	Water	Water	Milk
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