

# Service Menu

# Season: Winter

# 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 cheese	Fresh fruit	Fruit bread	Fresh fruit	Homemade Muesli and yoghurt
	DRINK	Water	Milk	Milk	Milk	Water
LUNCH	FOOD	Pumpkin soup with cheese toast	Chicken and corn soup with crusty rolls	Beef sausages with mash and veg	Butter chicken with poppadums	Shepherds pie
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	Carrot slice	Chocolate cake	Fruit, cheese and crackers	Quick oat biscuits	Fruit and crackers
	DRINK	Milk	Water	Water	Milk	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