

Service Menu

Season: Winter

Week 4

| 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 bread | Fresh fruit | Homemade muesli and yoghurt | Fresh fruit and cheese |
| | DRINK | Milk | Milk | Milk | Water | Water |
| LUNCH | FOOD | Rolled roast chicken and roast veg | Spaghetti bolognaise | Chicken pasta bake | Shepherds pie | Vegetarian lasagne |
| | DRINK | Water | Water | Water | Water | Water |
| AFTERNOON TEA | FOOD | Apple and cinnamon muffins | Fresh fruit and cheese | Banana bread | Fresh fruit and crackers | Carrot cookies |
| | DRINK | Water | Water | Water | Milk | Milk |
| LATE SNACK | <i>Children are given simple sandwiches and water at approximately 4.30pm</i> | | | | | |

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| 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 |