

Service Menu

Season: Summer

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 salad	Fresh fruit and cheese	Muesli and yoghurt	Fresh fruit	Fresh fruit
	DRINK	Milk	Water	Water	Milk	Milk
LUNCH	FOOD	Homemade chicken and veg pizzas	Vegetarian Risotto	Mixed ham and salad sandwiches	Beef and Broccoli Stir fry	Beef sausage rolls And salad
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	Apricot and Banana Muffins	Vegemite and cheese twists	Pumpkin scones	Tzatziki Dip with flat bread and veg sticks	Fruit toast
	DRINK	Milk	Water	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