

Service Menu

Season: Autumn

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	Fresh fruit and cheese	Fresh fruit	Fruit and yoghurt	Fresh fruit
	DRINK	Milk	Water	Milk	Milk	Milk
LUNCH	FOOD	Shepherds Pie	Apricot Chicken and rice	Vegetarian pasta bake	Chicken curry and rice	Spaghetti bolognaise
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	Tzatziki dip with flat bread	Apple pikelets	Banana Bread	Apricot and Banana muffins	Zucchini Brownie
	DRINK	Water	Milk	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