

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	Muesli and Yoghurt	Fresh fruit	Fruit bread	Fresh fruit and cheese	Fresh fruit
	DRINK	Milk	Milk	Milk	Water	Milk
LUNCH	FOOD	Vegetarian fried rice	Tuna and corn patties	Meat and veg rissoles with Mash	Pumpkin soup with bread rolls	Baked Chicken risotto
	DRINK	Water	Water	Water	Water	Water
AFTERNOON TEA	FOOD	Fresh and dried fruit platters	Spinach and cheese muffins	Fresh fruit and veg stick platters	Carrot cake	Tzatziki Dip and platters
	DRINK	Water	Milk	Milk	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