

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
TOAST WITH TOPPINGS OR WEETBIX GLASS OF MILK	TOAST WITH TOPPINGS OR WEETBIX GLASS OF MILK	TOAST WITH TOPPINGS OR WEETBIX GLASS OF MILK	TOAST WITH TOPPINGS OR WEETBIX GLASS OF MILK	TOAST WITH TOPPINGS OR WEETBIX GLASS OF MILK
MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK	MORNING SNACK
SEASONAL FRUIT SULTANAS CUBED CHEESE MILK OR WATER	SEASONAL FRUIT SULTANAS CUBED CHEESE MILK OR WATER	SEASONAL FRUIT SULTANAS CUBED CHEESE MILK OR WATER	SEASONAL FRUIT SULTANAS CUBED CHEESE MILK OR WATER	SEASONAL FRUIT SULTANAS CUBED CHEESE MILK OR WATER
LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
ASSORTED SANWICHES WITH RAW VEGETABLES (Ham, Chicken, Vegmite, Cheese, cucumber, cherry tomatoes, Capsicum) Per Child= 1 Serve Protein, 1 Serve Cereal, 1 Serve vegetable)	LENTIL BOLOGNESE WITH PENNE PASTA (LENTILS, CARROT, PEAS AND CORN, PASTA SAUCE, HERBS) Per child= 1 serve of cereal and ½ serve vegetable and ¼ serve of protein, Vitamin C, A, B1, B6 Iron, Calcium, Zinc, Fiber	SPAGHETTI BOLOGNESE WITH HIDDEN VEGETABLES (mince, tomato pasta sauce, tomato paste, herbs, grated carrot, zucchini, pumpkin) Per child=2 serves vegetable and 1 serve cereal foods	SWEET POTATO AND CHICKPEA PATTIES WITH CRUSTY BREAD, TOMATOES, LETTUCE AND AVOCADO (Sweet potato, chickpeas, onion, eggs, breadcrumbs, lemon) Per child= ½ serve meat, 1 ½ serves vegetables, grains, vitamin c and iron	FISH BURGERS WITH CHEESE, LETTUCE AND MAYO SERVED WITH CUCUMBER, CHERRY TOMATO AND CORN SALAD WITH DRESSING Per Child=1 serve fish 1 serve vegetables and 1 serve grains.
AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK	AFTERNOON SNACK
YOGHURT CRUNCH	CARROT DIP WITH CRACKERS, CUCUMBER AND CAPSICUM STICKS	WHOLEMEAL SALADA'S WITH SPREADS AND GRAPES BABIES=BANANA	PANCAKES AND SMALL FRUIT SKEWERS BABIES=MIXED FRUIT	BANANA PUDDING WITH CUSTARD

23rd April 2018

QUALITY AREA 2-2.2.1- Healthy eating is promoted and food and drinks provided by the service are nutritious and appropriate for each child.
LEARNING OUTCOME 3.2- Children are aware of the importance of their health and well being through good nutrition.