

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>	<b>BREAKFAST</b>
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
<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>	<b>MORNING SNACK</b>
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
<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>	<b>LUNCH</b>
TOMATO RICE ( brown rice, pasta sauce, tomato paste, carrot, peas, spinach, lentils, herbs) <b>Per child=1 serves vegetables and 1 serve cereal foods and 1/4 serve protein</b>	SAUSAGES WITH GRAVY SERVED WITH CUBED PUMPKIN, CARROT AND ZUCCHINI AND BUTTERED WHOLEMEAL BREAD <b>Per Child: 1 serve meat, 1 serve vegetables and 1 serve cereal</b>	FISH FINGERS, CHICKEN NUGGETS SERVED WITH WHOLEMEAL BREAD AND SALAD (CUCUMBER, CHERRY TOMATOES AND CORN) <b>Per child= 1 serve protein, ½ serve cereal and 1 serve vegetable</b>	TUNA MORNAY AND SALAD ( Tuna, chicken soup, tomatoes, onions, breadcrumbs, grated cheese, whole meal pasta) (lettuce, cherry tomatoes, avocado, cucumber and capsicum) <b>Per child=2 serves vegetable and 1 serve cereal foods 1 serve fish</b>	NAPOLITANA AND CARBONARA PASTA (Pasta sauce, tomato paste, herbs and cream, bacon, parmesan cheese) <b>per child=1 serve of cereal foods, ¼ serve dairy and ¼ serve meat</b>
<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>	<b>AFTERNOON SNACK</b>
YOGHURT AND BUBBLES	BUTTERED FRUIT BREAD	CRUSKITS WITH TOPPINGS AND CUCUMBER PIECES	CLIX, CUBED CHEESE, CHERRY TOMATOES AND CAPSICUM	REDUCED SUGAR JELLY WITH FRUIT SALAD

**30<sup>TH</sup> 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.