



# Menu – Week 1

All vegetarian, dietary and cultural eating requirements can be catered for.

Children have access to fresh drinking water throughout the day.

Menus are developed in line with 'Get Up and Grow' Healthy Eating and Physical Activity for Early Childhood and the Australian Dietary Guidelines.

LATE SNACK AFTERNOON TEA LUNCH MORNING TEA

8.30am

Assorted Fruit Platter  
With a Cup of Milk  
&  
Yoghurt

11.00am

Beef Enchiladas with  
zucchini, carrot and  
cheese. Topped with  
avocado and tomatoes

2.00pm

Watermelon, Orange,  
Carrot, Cucumber  
Platter  
&  
Ricotta and Cheese  
Muffins

5.00pm

Assorted Fruit Platter  
served with Cheese  
and Wholemeal  
Crackers

Assorted Fruit Platter  
With a Cup of Milk  
&  
Toast with Baked  
Beans or Vegemite

Cheesy Chicken  
Noodle Soup

Watermelon, Orange,  
Carrot, Cucumber  
Platter  
&  
Assorted Sandwiches

Assorted Fruit Platter  
served with Cheese  
and Wholemeal  
Crackers

Assorted Fruit Platter  
With a Cup of Milk  
&  
Assorted Cereal

Tuna Mornay with  
Brown Rice

Watermelon, Orange,  
Carrot, Cucumber  
Platter  
&  
Weetbix Slice

Assorted Fruit Platter  
served with Cheese  
and Wholemeal  
Crackers

Assorted Fruit Platter  
With a Cup of Milk  
&  
Cheesy Toast

Creamy Chicken  
Risoni with Spinach  
and Vegetables

Watermelon, Orange,  
Carrot, Cucumber  
Platter  
&  
Orange and Poppy  
Seed Muffins

Assorted Fruit Platter  
served with Cheese  
and Wholemeal  
Crackers

Assorted Fruit Platter  
With a Cup of Milk  
&  
Overnight Oats

Beef Mince Noodles  
packed with  
Vegetables  
(Gluten Free)

Watermelon, Orange,  
Carrot, Cucumber  
Platter  
&  
Apple Cinnamon  
Teacake  
(Gluten Free)

Assorted Fruit Platter  
served with Cheese  
and Wholemeal  
Crackers