



# Menu – Week 2

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

5.00pm

2.00pm

11.00am

8.30am

Assorted Fruit Platter served with Cheese and Wholemeal Crackers

Watermelon, Orange, Carrot, Cucumber Platter & Assorted Sandwiches

Tortellini Alfredo with Zucchini & Baby Peas

Assorted Fruit Platter with a Cup of Milk & Yoghurt

Assorted Fruit Platter served with Cheese and Wholemeal Crackers

Watermelon, Orange, Carrot, Cucumber Platter & Pumpkin and Sultana Muffins

Beef Mince Chow Mein with Vegetables and Rice

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

Assorted Fruit Platter served with Cheese and Wholemeal Crackers

Watermelon, Orange, Carrot, Cucumber Platter & Apricot Oat Slice

Cauliflower Mac and Cheese with hidden Vegetables

Assorted Fruit Platter with a Cup of Milk & Assorted Cereal

Assorted Fruit Platter served with Cheese and Wholemeal Crackers

Watermelon, Orange, Carrot, Cucumber Platter & Cheese & Bacon Scones

Fish Fingers served with Vegetables and Baked Potatoes

Assorted Fruit Platter with a Cup of Milk & Cheesy Toast

Assorted Fruit Platter served with Cheese and Wholemeal Crackers

Watermelon, Orange, Carrot, Cucumber Platter & Allergy Friendly Carrot Cake

Butter Chicken with Vegetables & Brown Rice (Gluten Free)

Assorted Fruit Platter with a Cup of Milk & Overnight Oats