



Menu – Week 3

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 & Choc Chip and Beetroot Muffins

Baked Chicken Enchiladas with hidden Vegetables

Assorted Fruit Platter with a Cup of Milk & Yoghurt

Assorted Fruit Platter served with Cheese and Wholemeal Crackers

Watermelon, Orange, Carrot, Cucumber Platter & Assorted Sandwiches

Creamy Fettuccine Carbonara with hidden Vegetables

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 & Banana Bread

Cottage Vegetable Pie

Assorted Fruit Platter with a Cup of Milk & Assorted Cereal

Assorted Fruit Platter served with Cheese and Wholemeal Crackers

Watermelon, Orange, Carrot, Cucumber Platter & Assorted Sao's

One Pot Mexican Chicken Pasta

Assorted Fruit Platter with a Cup of Milk & Cheesy Toast

Assorted Fruit Platter served with Cheese and Wholemeal Crackers

Watermelon, Orange, Carrot, Cucumber Platter & Zucchini Slice (Gluten Free)

Hoisin Garlic Beef and Vegetables served with Brown Rice (Gluten Free)

Assorted Fruit Platter with a Cup of Milk & Overnight Oats