



# 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

8.30am

11.00am

2.00pm

5.00pm

Assorted Fruit Platter  
with a Cup of Milk  
&  
Yoghurt

Baked Chicken  
Enchiladas with  
hidden Vegetables

Watermelon, Orange,  
Carrot, Cucumber  
Platter  
&  
Choc Chip and  
Beetroot Muffins

Assorted Fruit Platter  
served with Cheese  
and Wholemeal  
Crackers

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

Creamy Fettuccine  
Carbonara with hidden  
Vegetables

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

Cottage Vegetable  
Pie

Watermelon, Orange,  
Carrot, Cucumber  
Platter  
&  
Banana Bread

Assorted Fruit Platter  
served with Cheese  
and Wholemeal  
Crackers

Assorted Fruit Platter  
with a Cup of Milk  
&  
Cheesy Toast

One Pot Mexican  
Chicken Pasta

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

Assorted Fruit Platter  
served with Cheese  
and Wholemeal  
Crackers

Assorted Fruit Platter  
with a Cup of Milk  
&  
Overnight Oats

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

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

Assorted Fruit Platter  
served with Cheese  
and Wholemeal  
Crackers