## Weekly Menu

		00000	67 F		200
WEEK 1	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	FRESH FRUIT PLATTER				
iviorimig roa	and Milk				
	Depending on season &				
	availability, this may				
	include: Apples, Pears,				
	Rockmelon, Watermelon,				
Shipper Care Dec.	Banana, Pineapple,				
	Oranges, Mandarins,				
	Grapes	Grapes	Grapes	Grapes	Grapes
RDI	F D	F D	FD	F D	F D
Babies	Fruit Puree & Yoghurt				
11/1/2010100	Depending on season &				
111	availability, this may				
	include:	include:	include:	include:	include:
	Pears, Apricots, Peaches,				
	Apple, Banana & Yoghurt				
Lunch	MIXED SANDWICHES	Fish, salad,	Sandwiches and Wraps	FRIED RICE	CREAMY BACON
Piloto	On a selection of	bread roll or Bread Stick	Variety of spreads, ham,	Rice, bacon, peas and	FETTUCINE
	Multigrain, Wholemeal	Fish, variety of Salads	salads and cheese	corn, onion, salami, and	Pasta, cream, bacon, and
	and White Bread with	(cheese, tomatoes,		soy sauce	vegetables
	Vegemite, Strawberry	cucumber, capsicum)			
	Jam, Cream Cheese,	Buttered bread			
	Cheese, Tomato, Honey,				
	cucumber, tuna or				\
	Ham/devon				
RDI	BC D M V	MDV	V M BC	BC D M	M V BC
Babies	Mashed vegies				
	Potato, pumpkin and				
	carrots	carrots	carrots	carrots	carrots
Afternoon Tea	Fresh Fruit				
	And	and	and	and	and
	Cruskits, Cheese and	Custard and Bananas	Savoury Platter	Room Experience	Raisin Bread /
	Variety of spreads		Cherry tomatoes, carrots,	Salad and Ham Wraps	(homemade)Piklets
			cucumber, cheese, Meat		
RDI	F D	FD	F BC M D	BCD	BC V D M

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea	FRESH FRUIT PLATTER	FRESH FRUIT PLATTER	FRESH FRUIT PLATTER	Choice of 3 cereals and	FRESH FRUIT PLATTER
Worming roa	and Milk	and Milk	and Milk	milk and Raisin Toast	and Milk
	Depending on season &	Depending on season &	Depending on season &		Depending on season &
	availability, this may	availability, this may	availability, this may		availability, this may
	include: Apples, Pears,	include: Apples, Pears,	include: Apples, Pears,		include: Apples, Pears,
	Rockmelon, Watermelon,	Rockmelon, Watermelon,	Rockmelon, Watermelon,		Rockmelon, Watermelon,
	Banana, Pineapple,	Banana, Pineapple,	Banana, Pineapple,		Banana, Pineapple,
	Oranges, Mandarins,	Oranges, Mandarins,	Oranges, Mandarins,		Oranges, Mandarins,
	Grapes	Grapes	Grapes		Grapes
RDI	F D	FD	FD	F D	F D
Babies	Fruit Puree & Yoghurt	Fruit Puree & Yoghurt	Fruit Puree & Yoghurt	Fruit Puree & Yoghurt	Fruit Puree & Yoghurt
	Depending on season &	Depending on season &	Depending on season &	Depending on season &	Depending on season &
	availability, this may	availability, this may	availability, this may	availability, this may	availability, this may
	include:	include:	include:	include:	include:
	Pears, Apricots, Peaches,	Pears, Apricots, Peaches,	Pears, Apricots, Peaches,	Pears, Apricots, Peaches,	Pears, Apricots, Peaches,
	Apple, Banana & Yoghurt	Apple, Banana & Yoghurt	Apple, Banana & Yoghurt	Apple, Banana & Yoghurt	Apple, Banana & Yoghurt
Lunch	MIXED SANDWICHES	Sandwiches and Wraps	Chicken Pasta Bake	Coconut Chicken and Rice	MIXED SANDWICHES
	On a selection of	Variety of spreads, ham,	Pasta, Chicken, vegetable	Rice, chicken, grated	On a selection of
	Multigrain, Wholemeal	salads and cheese	stock, cream and	vegetables, onion	Multigrain, Wholemeal
	and White Bread with		vegetables	coconut cream and	and White Bread with
	Vegemite, Strawberry			chicken stock	Vegemite, Strawberry
£ 1000	Jam, Cream Cheese,				Jam, Cream Cheese,
The same of the sa	Cheese, Tomato, Honey,				Cheese, Tomato, Honey,
	cucumber, tuna or Ham			. di	cucumber, tuna or Ham
RDI	BC D M V	M D V	V M BC	BC D M	M V BC D
Babies	Mashed vegies	Mashed vegies	Mashed vegies	Mashed vegies	Mashed vegies
	Potato, pumpkin and	Potato, pumpkin and	Potato, pumpkin and	Potato, pumpkin and	Potato, pumpkin and
AND AND A	carrots	carrots	carrots	carrots	carrots
Afternoon Tea	Fresh Fruit	Fresh Fruit	Yoghurt and Strawberries	Fresh Fruit	Fresh Fruit
	and	and			and
	Dip (egg free), Corn Chips	Room Experience:		V _	Cheese, Carrots Sticks,
	and carrot sticks	Apricot Coconut Slice			Crackers and bread sticks
RDI	FD	F D	D BC	D	D
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**RDI**- Recommended Dietary Intake, for Children are the amounts of nutrients which will meet the daily nutritional needs of children. Children in Childcare should be provided with nutritious meals and snacks based on the Dietary Guidelines for Children and Adolescents for an 8 hour day.

Parent Input- Your Feedback is important to us. If you have any suggestions for our weekly menu we want to know – please email feedback to centre1@activekids.net.au