



Weekly Menu

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

WEEK 2	Monday	Tuesday	Wednesday	Thursday	Friday
Morning Tea 	FRESH FRUIT PLATTER and Milk Depending on season & availability, this may include: Apples, Pears, Rockmelon, Watermelon, Banana, Pineapple, Oranges, Mandarins, Grapes	FRESH FRUIT PLATTER and Milk Depending on season & availability, this may include: Apples, Pears, Rockmelon, Watermelon, Banana, Pineapple, Oranges, Mandarins, Grapes	FRESH FRUIT PLATTER and Milk Depending on season & availability, this may include: Apples, Pears, Rockmelon, Watermelon, Banana, Pineapple, Oranges, Mandarins, Grapes	Choice of 3 cereals and milk and Raisin Toast	FRESH FRUIT PLATTER and Milk Depending on season & availability, this may include: Apples, Pears, Rockmelon, Watermelon, Banana, Pineapple, Oranges, Mandarins, Grapes
RDI	FD	FD	FD	FD	FD
Babies	Fruit Puree & Yoghurt Depending on season & availability, this may include: Pears, Apricots, Peaches, Apple, Banana & Yoghurt	Fruit Puree & Yoghurt Depending on season & availability, this may include: Pears, Apricots, Peaches, Apple, Banana & Yoghurt	Fruit Puree & Yoghurt Depending on season & availability, this may include: Pears, Apricots, Peaches, Apple, Banana & Yoghurt	Fruit Puree & Yoghurt Depending on season & availability, this may include: Pears, Apricots, Peaches, Apple, Banana & Yoghurt	Fruit Puree & Yoghurt Depending on season & availability, this may include: Pears, Apricots, Peaches, Apple, Banana & Yoghurt
Lunch 	MIXED SANDWICHES On a selection of Multigrain, Wholemeal and White Bread with Vegemite, Strawberry Jam, Cream Cheese, Cheese, Tomato, Honey, cucumber, tuna or Ham	Sandwiches and Wraps Variety of spreads, ham, salads and cheese	Chicken Pasta Bake Pasta, Chicken, vegetable stock, cream and vegetables	Coconut Chicken and Rice Rice, chicken, grated vegetables, onion coconut cream and chicken stock	MIXED SANDWICHES On a selection of Multigrain, Wholemeal and White Bread with Vegemite, Strawberry Jam, Cream Cheese, Cheese, Tomato, Honey, cucumber, tuna or Ham
RDI	BCDMV	MDV	V M BC	BCDM	M V BCD
Babies	Mashed vegies Potato, pumpkin and carrots	Mashed vegies Potato, pumpkin and carrots	Mashed vegies Potato, pumpkin and carrots	Mashed vegies Potato, pumpkin and carrots	Mashed vegies Potato, pumpkin and carrots
Afternoon Tea	Fresh Fruit and Dip (egg free), Corn Chips and carrot sticks	Fresh Fruit and Room Experience: Apricot Coconut Slice	Yoghurt and Strawberries	Fresh Fruit	Fresh Fruit and Cheese, Carrots Sticks, Crackers and bread sticks
RDI	FD	FD	DBC	D	D

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